

Possible Hazards of Cell Phones and Towers, Wi-Fi, Smart Meters, and Wireless Computers, Printers, Laptops, Mice, Keyboards, and Routers

Book Five

Since 2013 I have been emailed several dozen reports of possible medical and other hazards from intense electromagnetic radiation from cell phones and towers, Wi-Fi, smart meters, and wireless computer accessories including wireless computers, keyboards, mice, routers, printers, and laptops.

I have previously compiled a total of over 800 pages of these reports in chronological order in four separate books with the same title as this “Book Five”.

All five ‘EMF Hazards’ books are linked at www.commutefaster.com/vesperman.html and www.padrak.com/vesperman. Approximately 35 authoritative wireless radiation hazards-related reports are also linked at these two websites.

This report begins with “Disclaimers”, a table of contents, “Items of Outstanding Interest”, and a new supplementary set of potentially useful “Recommendations for Actions”.

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Items of Outstanding Interest

Many studies have shown that electromagnetic fields can have destructive effects on sex hormones, gonadal function, fetal development, and pregnancy. So people must be aware of the negative effects of EMFs. Although the impact of the waves varied at different frequencies, it is better to stay as far away as possible from their origin because of the risks associated with exposures to these waves. In addition, people can use natural antioxidants to help reduce the effects of these waves.

The long-term exposure to 900-1800 MHz frequency radiations emitted from 2G mobile phone could cause significantly reduced neuron density and decreased nuclear diameter in the hippocampus neurons of mice.

Our data suggests that the continued and prolonged contact with the mobile phone radiation might increase the risk of seizure attacks and should be limited.

The realization that cell towers cannot be avoided is a very sad and scary one. With as extremely sensitive as I am, I foresee a life of forever EHS symptoms, ranging from insomnia to full body rash. A very scary future. Has anyone successfully found ways to live among the radiation? Any successfully ways to be outside and enjoy life with towers multiplying at astronomical rates?

The plan right now for self-driving cars is to use radar and 5G cell towers. This means that when you drive down the street near self-driving cars you will be bombarded with radar from these vehicles.

Because gamma waves and RF/microwave radiation are identically carcinogenic and genotoxic to the cellular roots of life, the safe dose of either kind of radiation is zero. No study has proven that any level of exposure from cell-damaging radiation is safe for humans. Dr. Carlo confirms that cell damage is not dose dependent because any exposure level can trigger damage response by cell mechanisms.¹

The Federal Communications Commission (FCC), the single agency with authority to regulate the communications industry, has neither money, manpower nor motive to properly monitor radiation output from hundreds of thousands of commercial wireless installations spewing carcinogenic waves across the nation. The FCC admits that physical testing to verify compliance with emissions guidelines is relatively rare.

Critics say that FCC appointees, with virtually no medical or public health expertise, represent an old-boy network and a cheering squad for the telecommunications and broadcast industries. The Center for Public Integrity found that FCC officials have been bribed by the industries with such perks as expensive trips to Las Vegas.²

Consider the history of suppression of evidence in the major issues of consumer health over the past half century. Big Tobacco hid the dangers of smoking and the addictiveness of nicotine, supporting its position with countless deceptive studies. Asbestos manufacturers hid evidence that the mineral was dangerous even as tens of thousands of workers died from exposure; the makers of DDT and Agent Orange stood behind their products even as it became clear that the herbicides caused cancer. That the cell-phone industry, which last year posted revenues in the hundreds of billions of dollars, has an incentive to shut down research showing the dangers of cell-phone use is not a radical notion.

¹ "Health Social Services and Housing Sub-Panel Telephone Mast Review," a public discussion by Dr. George Carlo, 2-26-07. Find this excellent dissertation at www.safewireless.org.

² "FCC Lives Large off Lobbyist Bribes," Capitol Hill Blue, 05-22-03, capitolhillblue.com.

33:14 – statements from Annual reports of Verizon, AT&T, Vodafone, China Mobile, General Communication, American Tower, Crown Castle, Telefonica, Microsoft, T-Mobile, Nokia, from 2014/5 to investors regarding HUGE anticipated settlements from lawsuits involving injuries caused by wireless devices. (Most of these companies are self-insured and do NOT carry liability insurance, meaning if they lose the lawsuits they will have to pay) Also statements by Swiss Re (reinsurer), Lloyd's of London (reinsurer) and other insurance companies around the world specifically stating they will NOT cover injuries caused by electromagnetic fields.

37:56 – Schools bringing Google Virtual Reality into the classroom need to sign a waiver absolving them from any liability in case of personal injury or death, and the maximum liability is \$1,000 (My comment: A company would not have a school sign a waiver absolving them of death or injury unless there was a risk of injury or death. I just saw this waiver for the first time and I am outraged that a school would sign such a waiver – are parents asked for their permission to sign this waiver since it's their kids that would suffer the injury or death? And the maximum liability is only \$1000? Google Virtual Reality uses a device that is essentially a smart phone held a couple inches from the eyes)

Some ninth-grade girls in Denmark noticed that if they slept with their mobile phones near their heads at night, they often had difficulty concentrating at school the next day. So to test the effect of their phone's radiation, the girls designed this experiment to show what it would do to sprouting seeds.

Take a look at the two images below.

The left image shows seeds that spouted quite nicely. They were taken away from all EMFs. And the seeds on the right? They were exposed to EMFs similar to an ordinary cellphone.

Imagine what a cell phone does to your body!

Unlike Type 1 diabetes (juvenile diabetes) that is largely genetically controlled, and Type 2 diabetes (adult onset) that increases with obesity, Type 3 diabetes is influenced by environmental exposure to electromagnetic pollutants.

I read another article about a woman that always felt ill when she sat in a certain place in her home – only in that certain place. Turns out that right where she liked to sit, the floor had electric heating hidden inside. And that's what made her feel ill while sitting there.

Here's a video of attorney Jimmy Gonzalez addressing his city council regarding the glioma brain cancer, heart cancer, and cancer in the nerves in his hand that he believes he developed as a result of his cell phone use. He developed brain cancer at the spot where he held the phone to his head, he developed heart cancer at the spot where he stored his phone (chest pocket in his jacket), and cancer in his hand where he held his phone. He died at age 42. 9-minute video <https://www.youtube.com/watch?v=DIIOVJd0lA8>

The rats exposed to cell phone radiation in the \$25 million NTP government study developed glioma brain cancer and Schwannoma heart cancer too.

Deformed cows near cell phone towers in Germany are just one example among many animal deformities appearing around the world. Research has also connected the worldwide disappearance of frogs, birds, and insects [most recently bees] with the dramatic increase of electrosmog permeating our planet.

The insurance companies refuse to insure against the ultra-high risks associated with wireless devices. Insurance companies are already modeling the cost of a brain cancer epidemic 2020-2030! It seems reasonable to expect that lawsuit settlements will become so expensive that wireless device manufacturers will eventually cut their losses and give up making and selling wireless devices.

Century Link would like to eliminate landlines. On July 14, 2016, the FCC paved the way for the ‘sunset’ of landlines at the federal level. Now, states must enact similar rules. Once these rules pass, only cellular phones and voice over Internet protocols (VOIPs) such as Magic Jack and Skype, will be available.

"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"

"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

Samsung has admitted that their smart TVs listen and record customers’ every word, and that they send these recordings to unnamed third-party services.

Google has also been exposed quietly recording and storing everything you say within earshot of an iDevice. They claim the ‘feature’ is a means for delivering more accurate search results and that they don’t turn over recordings to government agencies. But considering the UK government just suddenly made all citizens’ internet history available to government agencies, the future implications of Google’s enormous trove of recorded conversations is chilling.

Plenty of people did become electrosensitive after heavy cell phone use, but the numbers having problems after smart meters was/is remarkable. (The California Public Utilities Commission has received over 2000 complaints of smart meter health impacts. GV)

The emissions of the smart meters are unique in that the peak levels are more than 4x higher than a cell phone. Their conducted emissions are above the FCC part 15 (WIFI) standards, they have crappy switching supply inadequately filtered which adds to home power wiring emissions, and they have a sub-Hz packet rate which continues through the sleep period. The latter may be disrupting sleep in a similar manner as subsonic windmill thumps do. (A wild theory of my own.)

Obviously, quoting FCC standards as having anything to do with public health is absurd, unless you are applying them to the proper cooking of hotdogs via microwaves.

Recommendations for Action

The Envi High-Efficiency Whole Room Plug-In Electric Panel Heater is supposed to be very efficient and uses low electricity. I see that it is convection and I know that convection stoves and particularly induction stove tops are very bad EMFs according to Magda Havas.

What works as an anti-EMF shield is military anti-personnel radar absorbing rubber such as is used on their big tent doors... I recycled one to make a rubber hat that does the trick... look into it...

While all this 5G technology is dazzling, there has been NO consideration given to health effects by the FCC or the Obama administration, which has decided to spend \$400 million (your tax money!) to fund large-scale tests in 4 cities. Shouldn't our government spend some money to test health effects of 5G before deployment?

A cordless phone is not a solution, DECT or not. Don't settle for anything besides a corded landline!

Avoid direct electric baseboards. Magnetic fields are a function of frequency (60Hz in this case) x current x current loop area, and the direct electric baseboards have a large current loop. Electric hot water baseboard units have the same style compact heating elements as the oil filled radiator and can be good if paint and electronics or diodes are avoided or bypassed.

15 New Studies on Electromagnetic Fields and Biology or Health

From: Joel MOSKOWITZ

Date: Mon, Sep 26, 2016

Subject: 15 new studies on electromagnetic fields and biology or health

To: CHE-EMF <cheemf@lists.healthandenvironment.org>

A review on Electromagnetic fields (EMFs) and the reproductive system

Asghari A, Khaki AA, Rajabzadeh A, Khaki A. A review on Electromagnetic fields (EMFs) and the reproductive system. *Electron Physician*. 2016 Jul 25;8(7):2655-62. doi: 10.19082/2655. eCollection 2016.

Abstract

Environmental factors, such as electromagnetic waves, induce biological and genetic effects. One of the most important physiological systems involved with electromagnetic fields (EMFs) is the genital system. This paper reviews the effects of EMFs on human reproductive organs, female animals, fetus development and the importance of two types of natural antioxidants, i.e., vitamin E and fennel. The studies presented in this review referred to the effects of different exposures to EMFs on the reproductive system, and we tried to show the role of natural antioxidants in reducing the effects of the exposures. Many studies have been done on the effects of ionizing and non-ionizing electromagnetic waves on the cell line of spermatogenesis, sexual hormones, and the structure of the testes. Also, about the hormonal cycle, folliculogenesis and female infertility related to EMF have been given more consideration. In particular, attention is directed to pregnant women due to the importance of their fetuses. However, in addition to the studies conducted on animals, further epidemiological research should be conducted.

Conclusions

Many studies have shown that electromagnetic fields can have destructive effects on sex hormones, gonadal function, fetal development, and pregnancy. So people must be aware of the negative effects of EMFs. Although the impact of the waves varied at different frequencies, it is better to stay as far away as possible from their origin because of the risks associated with exposures to these waves. In addition, people can use natural antioxidants to help reduce the effects of these waves.

Open Access Paper: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5014506/>

Effects of electromagnetic fields emitted by GSM phones on working memory: a meta-analysis

Zubko O, Gould RL, Gay HC, Cox HJ, Coulson MC, Howard RJ. Effects of electromagnetic fields emitted by GSM phones on working memory: a meta-analysis. *Int J Geriatr Psychiatry*. 2016 Sep 20. doi: 10.1002/gps.4581. [Epub ahead of print]

Abstract

BACKGROUND AND OBJECTIVE: Current treatments for Alzheimer's disease (AD) do not affect the course of the illness and brain stimulation techniques are increasingly promoted as potential therapeutic interventions for AD. This study reviews the effects of electromagnetic field (EMF) exposure versus sham exposure on working memory (WM) performance of healthy human participants.

METHOD: Online literature databases and previous systematic reviews were searched for studies of EMF and WM in participants without reported memory problems. Two thousand eight hundred and fifty seven studies were identified, and 10 studies met the inclusion criteria. An assessment of study quality was completed, and separate, random effects meta-analyses were conducted for each of the three WM tasks included: n-back, substitution and digit span forward.

RESULTS: No differences were found between participants exposed to active EMF versus sham conditions in any of the three working memory tasks examined.

CONCLUSION: Results indicate that EMF does not affect WM during the n-back, substitution and digit-span tasks. Future studies should focus on the possible effects of chronic exposure to EMF in older adults with AD using a battery of comparable WM and attention tasks, before EMF can be seriously considered as a potential modulator of WM in AD.

<http://www.ncbi.nlm.nih.gov/pubmed/27645289?dopt=Abstract>

Exposure to Visible Light Emitted from Smartphones and Tablets Increases the Proliferation of *S. aureus*: Can this be Linked to Acne?

MJ Mortazavi, M Taheri, M Darabian, Izadbakhsh, F Nouri, Masoud Haghani, SAR Mortazavi, Ghazal Mortazavi, SMJ Mortazavi, M Moradi. Exposure to Visible Light Emitted from Smartphones and Tablets Increases the Proliferation of *S. aureus*: Can this be Linked to Acne? Journal of Biomedical Physics and Engineering (JBPE), in press. Published on September 24, 2016

Abstract

The exponential rise in the use of handheld devices such as smartphones and tablets has raised global concerns about the safety of these devices. Smartphones, tablets, laptops, and other LED screens can emit high levels of short-wavelength visible light (blue region in the light spectrum). Over the past several years, the biological effects of exposure to shortwave-length visible light emitted from smartphones and tablets on the eye and skin (premature skin aging) have been widely studied. However, to the best of our knowledge, the effect of exposure to light emitted from these devices on the proliferation of *Staphylococcus aureus* and the possible association of its exposure to light and acne pathogenesis has not been investigated yet. In this study, the effect of exposure to visible light emitted from the screens of a commercial smartphone (Sony Xperia) and a commercial tablet (Samsung Galaxy Note 10.1) on the growth rate of *Staphylococcus aureus* bacteria (ATCC No. 25923) is investigated. Some studies show that *Staphylococcus aureus* can intensify the symptoms in chronic inflammatory skin diseases. Acne vulgaris has been reported to be the most common human skin disorder. This skin disorder was reported to be persistent in 80% of the women (58% of these women had an ongoing need for treatment). All experiments were performed at 37°C in a separate incubator and bacteria were grown in 20 ml Brain Heart Infusion Broth (BHI) 10 cm plates. Then, in a dark environment, bacteria were exposed to the light of the smartphone and tablet at a distance of 2-3 mm (common distance between the smartphones and facial skin). The brightness of the displays of these devices was set at 50%. The control samples were exposed to the same intensity of light generated by a conventional incandescent light bulb. The growth rate of bacteria was examined by measuring the optical density (OD) at 625 nm (UNICO UV-2100 spectrophotometer) before the light exposure and after 30, 60, 90, 120, 150, 180, 210, 240, 300, and 330 minutes of light exposure. The growth rates of bacteria in both smartphone and tablet groups were higher than that of the control group and the maximum smartphone/control and tablet/control growth ratios were observed in samples exposed to digital screens' light for 300 min (3.71 and 3.95, respectively). These ratios declined in samples exposed to screens' light for durations higher than 300 min. Altogether, these findings show that exposure to short-wavelength visible light emitted from smartphones and tablets can increase the proliferation of *Staphylococcus aureus*. Due

to limitations of this study, further studies are needed to shed more light on the dark corners of the effect of digital screens' light on different microorganisms and to verify if these exposures can be linked to acne pathogenesis.

<https://www.linkedin.com/pulse/exposure-visible-light-emitted-from-smartphones-aureus-smj- mortazavi>

Use of Signal-Transduction & Metabolic Pathways to Predict Human Disease Targets from EMF Using in vitro Data in Human Cell Lines

Parham F, Portier CJ, Chang X, Mevissen M. The Use of Signal-Transduction and Metabolic Pathways to Predict Human Disease Targets from Electric and Magnetic Fields Using in vitro Data in Human Cell Lines. *Front Public Health*. 2016 Sep 7;4:193. doi: 10.3389/fpubh.2016.00193. eCollection 2016.

Abstract

Using in vitro data in human cell lines, several research groups have investigated changes in gene expression in cellular systems following exposure to extremely low frequency (ELF) and radiofrequency (RF) electromagnetic fields (EMF). For ELF EMF, we obtained five studies with complete microarray data and three studies with only lists of significantly altered genes. Likewise, for RF EMF, we obtained 13 complete microarray datasets and 5 limited datasets. Plausible linkages between exposure to ELF and RF EMF and human diseases were identified using a three-step process: (a) linking genes associated with classes of human diseases to molecular pathways, (b) linking pathways to ELF and RF EMF microarray data, and (c) identifying associations between human disease and EMF exposures where the pathways are significantly similar. A total of 60 pathways were associated with human diseases, mostly focused on basic cellular functions like JAK-STAT signaling or metabolic functions like xenobiotic metabolism by cytochrome P450 enzymes. ELF EMF datasets were sporadically linked to human diseases, but no clear pattern emerged. Individual datasets showed some linkage to cancer, chemical dependency, metabolic disorders, and neurological disorders. RF EMF datasets were not strongly linked to any disorders but strongly linked to changes in several pathways. Based on these analyses, the most promising area for further research would be to focus on EMF and neurological function and disorders.

Open Access Paper: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5013261/>

RF radiation at Stockholm Central Railway Station in Sweden and some medical aspects on public exposure to RF fields

Hardell L, Koppel T, Carlberg M, Ahonen M, Hedendahl L. Radiofrequency radiation at Stockholm Central Railway Station in Sweden and some medical aspects on public exposure to RF fields. *Int J Oncol*. 2016 Aug 12. doi: 10.3892/ijo.2016.3657. [Epub ahead of print]

Abstract

The Stockholm Central Railway Station in Sweden was investigated for public radiofrequency (RF) radiation exposure. The exposimeter EME Spy 200 was used to collect the RF exposure data across the railway station. The exposimeter covers 20 different radiofrequency bands from 88 to 5,850 MHz. In total 1,669 data points were recorded. The median value for total exposure was 921 $\mu\text{W}/\text{m}^2$ (or 0.092 $\mu\text{W}/\text{cm}^2$; 1 $\mu\text{W}/\text{m}^2=0.0001$ $\mu\text{W}/\text{cm}^2$) with some outliers over 95,544 $\mu\text{W}/\text{m}^2$ (6 V/m, upper detection limit). The mean total RF radiation level varied between 2,817 to 4,891 $\mu\text{W}/\text{m}^2$ for each walking round. High mean measurements were obtained for GSM + UMTS 900 downlink varying between 1,165 and 2,075 $\mu\text{W}/\text{m}^2$. High levels were also obtained for

UMTS 2100 downlink; 442 to 1,632 $\mu\text{W}/\text{m}^2$. Also LTE 800 downlink, GSM 1800 downlink, and LTE 2600 downlink were in the higher range of measurements. Hot spots were identified, for example close to a wall mounted base station yielding over 95,544 $\mu\text{W}/\text{m}^2$ and thus exceeding the exposimeter's detection limit. Almost all of the total measured levels were above the precautionary target level of 3-6 $\mu\text{W}/\text{m}^2$ as proposed by the BioInitiative Working Group in 2012. That target level was one-tenth of the scientific benchmark providing a safety margin either for children, or chronic exposure conditions. We compare the levels of RF radiation exposures identified in the present study to published scientific results reporting adverse biological effects and health harm at levels equivalent to, or below those measured in this Stockholm Central Railway Station project. It should be noted that these RF radiation levels give transient exposure, since people are generally passing through the areas tested, except for subsets of people who are there for hours each day of work.

<http://www.ncbi.nlm.nih.gov/pubmed/27633090?dopt=Abstract>

Exposure to electromagnetic fields aboard high-speed electric multiple unit trains

Niu D, Zhu F, Qiu R, Niu Q. Exposure to electromagnetic fields aboard high-speed electric multiple unit trains. *J Biol Regul Homeost Agents*. 2016 Jul-Sep;30(3):727-731.

Abstract

High-speed electric multiple unit (EMU) trains generate high-frequency electric fields, low-frequency magnetic fields, and high-frequency wideband electromagnetic emissions when running. Potential human health concerns arise because the electromagnetic disturbances are transmitted mainly into the car body from windows, and from there to passengers and train staff. The transmission amount and amplitude distribution characteristics that dominate electromagnetic field emission need to be studied, and the exposure level of electromagnetic field emission to humans should be measured. We conducted a series of tests of the on-board electromagnetic field distribution on several high-speed railway lines. While results showed that exposure was within permitted levels, the possibility of long-term health effects should be investigated.

<https://www.ncbi.nlm.nih.gov/pubmed/27655489?dopt=Abstract>

Tumor-specific frequencies and ocular melanoma

Milham S, Stetzer D. Tumor-specific frequencies and ocular melanoma. *Electromagn Biol Med*. 2016 Aug 23:1-5. [Epub ahead of print]

Abstract

Specific kilohertz frequencies in the environment from variable frequency drives on electric motors at a liquid natural gas compressor and storage station on a natural gas pipeline seem to be associated with the development of a very rare cancer, ocular melanoma, at a high school and in individuals living or working in a neighborhood near the plant. Primary neutral-to-earth oscilloscope voltage waveforms and spectra measured near the high school were nearly identical to the ground voltage 2.3 miles away at the gas pipeline. Peak frequencies of 7440 and 19,980 Hz were found at both places. The electric utility practice of using the earth as a conduit for return currents facilitated this exposure.

Conclusion

We believe that specific kilohertz frequencies in the environment from VFDs on electric motors at a liquid natural gas plant caused a very rare cancer, OM, in the neighborhood of the plant. The electric utility practice of using the earth as a conduit for return currents facilitated this exposure. Other single cancer clusters should be examined similarly.

<https://www.ncbi.nlm.nih.gov/pubmed/27552371>

Review: Weak radiofrequency radiation exposure from mobile phone radiation on plants

Halgamuge MN. Review: Weak radiofrequency radiation exposure from mobile phone radiation on plants. *Electromagn Biol Med*. 2016 Sep 20:1-23. [Epub ahead of print]

Abstract

AIM: The aim of this article was to explore the hypothesis that non-thermal, weak, radiofrequency electromagnetic fields (RF-EMF) have an effect on living plants.

SUBJECT AND METHODS: In this study, we performed an analysis of the data extracted from the 45 peer-reviewed scientific publications (1996-2016) describing 169 experimental observations to detect the physiological and morphological changes in plants due to the non-thermal RF-EMF effects from mobile phone radiation. Twenty-nine different species of plants were considered in this work.

RESULTS: Our analysis demonstrates that the data from a substantial amount of the studies on RF-EMFs from mobile phones show physiological and/or morphological effects (89.9%, $p < 0.001$). Additionally, our analysis of the results from these reported studies demonstrates that the maize, roselle, pea, fenugreek, duckweeds, tomato, onions and mungbean plants seem to be very sensitive to RF-EMFs. Our findings also suggest that plants seem to be more responsive to certain frequencies, especially the frequencies between (i) 800 and 1500 MHz ($p < 0.0001$), (ii) 1500 and 2400 MHz ($p < 0.0001$) and (iii) 3500 and 8000 MHz ($p = 0.0161$).

CONCLUSION: The available literature on the effect of RF-EMFs on plants to date observed the significant trend of radiofrequency radiation influence on plants. Hence, this study provides new evidence supporting our hypothesis. Nonetheless, this endorses the need for more experiments to observe the effects of RF-EMFs, especially for the longer exposure durations, using the whole organisms. The above observation agrees with our earlier study, in that it supported that it is not a well-grounded method to characterize biological effects without considering the exposure duration. Nevertheless, none of these findings can be directly associated with humans; however, on the other hand, this cannot be excluded, as it can impact the human welfare and health, either directly or indirectly, due to their complexity and varied effects (calcium metabolism, stress proteins, etc.). This study should be useful as a reference for researchers conducting epidemiological studies and the long-term experiments, using whole organisms, to observe the effects of RF-EMFs.

<http://www.ncbi.nlm.nih.gov/pubmed/27650031?dopt=Abstract>

Excerpt

... our review shows that there is a substantial amount of studies which indicate that plants have experienced physiological or morphological changes due to radiofrequency radiation and show statistically significant changes for the short-term exposure duration (up to 13 weeks). In contrast, the results obtained from the long-term exposure studies (two publications using nine different exposures with exposure duration between 3

months to 6 years) support no physiological effects on plants when exposed to radiofrequency radiation from mobile phone radiation. This would bring a remarkable point to the discussion about the apparent absence of response to the long-term exposure that may be interpreted as adaptations. On the other hand, phenotypic plasticity of plants will permit them to change their structure and function; hence, plants do adapt to environmental change (Nicotra et al., 2010). Plants are naturally affected by environmental stresses due to their immobility. Plants could respond to the environmental factors of wind, rain, electric field and ultraviolet radiation and adjust its physiological condition to adapt to the change of environment (Braam and Davis, 1990; Braam et al., 1996; Mary and Braam, 1997) our previous findings (Halgamuge et al., 2015) indicate that the biological effects considerably relied on field strength and amplitude modulation of the applied field.

Effects of Long Term Exposure of 900-1800 MHz Radiation Emitted from 2G Mobile Phone on Mice Hippocampus- A Histomorphometric Study

Mugunthan N, Shanmugasamy K, Anbalagan J, Rajanarayanan S, Meenachi S. Effects of Long Term Exposure of 900-1800 MHz Radiation Emitted from 2G Mobile Phone on Mice Hippocampus- A Histomorphometric Study. J Clin Diagn Res. 2016 Aug;10(8):AF01-6. doi: 10.7860/JCDR/2016/21630.8368. Epub 2016 Aug 1.

Abstract

INTRODUCTION: The advancement in the telecommunications technology with multi-functional added features in mobile phone, attracts more users of all age groups. It is alarming to note that, the mobile phone use has increased amongst children and they are exposed to potentially harmful radiofrequency radiation in their lifetime.

AIM: To investigate the long-term exposure of 900 to 1800 MHz radiations emitted from 2G mobile phone in mice hippocampus at histomorphometric level.

MATERIALS AND METHODS: With due approval from institutional animal ethics committee, 36 mice were exposed to 2G mobile phone radiation, 48 minutes per day for a period of 30-180 days. The control group was kept under similar conditions without 2G exposure. Mice were sacrificed and the brain was removed from the first month to six months period. Brain was removed from the cranial cavity and hippocampus region was dissected out carefully and processed for routine histological study. Random serial sections were analyzed under microscope for histomorphometric changes. For statistical analysis, independent t-test was used for comparing control and 2G exposed groups.

RESULTS: The mean density of neurons in the hippocampus regions CA1, CA2 and DGDB from first to sixth months was significantly lower in the 2G exposed groups; however, in CA3 and DGVB, the 2G exposed mice showed significantly higher density of neurons. The mean nuclear diameter of neurons in the hippocampus region of CA1, CA2, CA3, DGDB and DGVB from first to sixth months showed lower nuclear diameter in 2G exposed mice.

CONCLUSION: The long-term exposure to 900-1800 MHz frequency radiations emitted from 2G mobile phone could cause significantly reduced neuron density and decreased nuclear diameter in the hippocampus neurons of mice.

<https://www.ncbi.nlm.nih.gov/pubmed/27656427?dopt=Abstract>

Effects of radiofrequency field exposure on glutamate-induced oxidative stress in mouse hippocampal HT22 cells

Kim JY, Kim HJ, Kim N, Kwon JH, Park MJ. Effects of radiofrequency field exposure on glutamate-induced oxidative stress in mouse hippocampal HT22 cells. *Int J Radiat Biol.* 2016 Sep 20;1-22. [Epub ahead of print]

Abstract

PURPOSE: To define the impact of radiofrequency (RF) under in vitro experimental Alzheimer's disease conditions, we investigated the effect of RF radiation on glutamate-induced oxidative stress in mouse hippocampal neuronal HT22 cells.

MATERIALS AND METHODS: Cell survival rate was measured by MTT and trypan blue exclusion assays. Cell cycle distribution, cell death, and ROS production were analyzed using flow cytometry. Expression of proteins was analyzed by Western blot.

RESULTS: RF exposure alone had a marginal impact on cell proliferation, however significantly enhanced glutamate-induced cytotoxicity in HT22 cells. Glutamate augmented the subG1 fraction of cell cycle, annexin/propidium iodide positive cell population, and expression of cleaved poly (ADP ribose) polymerase, which were further increased by RF exposure. Glutamate induced reactive oxygen species (ROS) generation and RF exposure further upregulated it. N-acetylcysteine (NAC) treatment completely abrogated glutamate- and RF-induced ROS production followed by cell death and restored cell proliferation in HT22 cells. Finally, glutamate phosphorylated c-Jun N-terminal kinase (JNK) and RF increased this event further. Treatment with NAC and inhibitor of JNK decreased JNK phosphorylation and restored cell proliferation, respectively.

CONCLUSIONS: Our results demonstrate that RF exposure enhanced glutamate-induced cytotoxicity by further increase of ROS production in HT22 cells.

<http://www.ncbi.nlm.nih.gov/pubmed/27648632?dopt=Abstract>

Adverse effects in lumbar spinal cord morphology and tissue biochemistry in Sprague Dawley male rats following exposure to a continuous 1-h a day 900-MHz electromagnetic field throughout adolescence

Kerimoğlu G, Aslan A, Baş O, Çolakoğlu S, Odacı E. Adverse effects in lumbar spinal cord morphology and tissue biochemistry in Sprague Dawley male rats following exposure to a continuous 1-h a day 900-MHz electromagnetic field throughout adolescence. *J Chem Neuroanat.* 2016 Sep 17. pii: S0891-0618(16)30135-1. doi: 10.1016/j.jchemneu.2016.09.007 . [Epub ahead of print]

Abstract

Cell phones, an indispensable element of daily life, are today used at almost addictive levels by adolescents. Adolescents are therefore becoming increasingly exposed to the effect of the electromagnetic field (EMF) emitted by cell phones. The purpose of this study was to investigate the effect of exposure to a 900-MHz EMF throughout adolescence on the lumbar spinal cord using histopathological, immunohistochemical and biochemical techniques. Twenty-four Sprague Dawley (28.3-43.9g) aged 21days were included in the study. These were divided equally into three groups – control (CG), sham (SG) and electromagnetic (ELMAG). No procedure was performed on the CG rats until the end of the study. SG and ELMAG rats were kept inside an EMF cage (EMFC) for 1 hour a day every day at the same time between postnatal days 22 and 60. During this time, ELMAG rats were exposed to the effect of a 900-MHz EMF, while the SG rats were kept in the EMFC without being exposed to EMF. At the end of the study, the lumbar regions of the spinal cords of all rats in all

groups were extracted. Half of each extracted tissue was stored at -80°C for biochemical analysis, while the other half was used for histopathological and immunohistochemical analyses. In terms of histopathology, a lumbar spinal cord with normal morphology was observed in the other groups, while morphological irregularity in gray matter, increased vacuolization and infiltration of white matter into gray matter were pronounced in the ELMAG rats. The cytoplasm of some neurons in the gray matter was shrunk and stained dark, and vacuoles were observed in the cytoplasm. The apoptotic index of glia cells and neurons were significantly higher in ELMAG compared to the other groups. Biochemical analysis revealed a significantly increased MDA value in ELMAG compared to CG, while SOD and GSH levels decreased significantly. In conclusion, our study results suggest that continuous exposure to a 900-MHz EMF for 1 hour a day through all stages of adolescence can result in impairments at both morphological and biochemical levels in the lumbar region spinal cords of Sprague Dawley rats.

<http://www.ncbi.nlm.nih.gov/pubmed/27650207?dopt=Abstract>

Exposure of ELF-EMF and RF-EMF Increase the Rate of Glucose Transport and TCA Cycle in Budding Yeast

Lin KW, Yang CJ, Lian HY, Cai P. Exposure of ELF-EMF and RF-EMF Increase the Rate of Glucose Transport and TCA Cycle in Budding Yeast. *Front Microbiol.* 2016 Aug 31;7:1378. doi: 10.3389/fmicb.2016.01378. eCollection 2016.

Abstract

In this study, we investigated the transcriptional response to 50 Hz extremely low frequency electromagnetic field (ELF-EMF) and 2.0 GHz radio frequency electromagnetic field (RF-EMF) exposure by Illumina sequencing technology using budding yeast as the model organism. The transcription levels of 28 genes were upregulated and those of four genes were downregulated under ELF-EMF exposure, while the transcription levels of 29 genes were upregulated and those of 24 genes were downregulated under RF-EMF exposure. After validation by reverse transcription quantitative polymerase chain reaction (RT-qPCR), a concordant direction of change both in differential gene expression (DGE) and RT-qPCR was demonstrated for nine genes under ELF-EMF exposure and for 10 genes under RF-EMF exposure. The RT-qPCR results revealed that ELF-EMF and RF-EMF exposure can upregulate the expression of genes involved in glucose transportation and the tricarboxylic acid (TCA) cycle, but not the glycolysis pathway. Energy metabolism is closely related with the cell response to environmental stress including EMF exposure. Our findings may throw light on the mechanism underlying the biological effects of EMF.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5005349/>

Effect of mobile phone radiation on pentylentetrazole-induced seizure threshold in mice

Kouchaki E, Motaghedifard M, Banafshe HR. Effect of mobile phone radiation on pentylentetrazole-induced seizure threshold in mice. *Iran J Basic Med Sci.* 2016 Jul;19(7):800-3.

Abstract

OBJECTIVES: Scientific interest in potential mobile phone impact on human brain and performance has significantly increased in recent years. The present study was designed to evaluate the effects of mobile phone radiation on seizure threshold in mice.

MATERIALS AND METHODS: BALB/c male mice were randomly divided into three groups: control, acute, and chronic mobile phone radiation for 30, 60, and 90 min with frequency 900 to 950 MHz and pulse of 217 Hz. The chronic group received 30 days of radiation, while the acute group received only once. The intravenous infusion of pentylenetetrazole (5 mg/ml) was used to induce seizure signs.

RESULTS: Although acute mobile radiation did not change seizure threshold, chronic radiation decreased the clonic and tonic seizure thresholds significantly.

CONCLUSION: Our data suggests that the continued and prolonged contact with the mobile phone radiation might increase the risk of seizure attacks and should be limited.

<http://www.ncbi.nlm.nih.gov/pubmed/27635206?dopt=Abstract>

Modification of p21 level and cell cycle distribution by 50 Hz magnetic fields in human SH-SY5Y neuroblastoma cells

Luukkonen J, Höytö A, Sokka M, Liimatainen A, Syväoja J, Juutilainen J, Naarala J. Modification of p21 level and cell cycle distribution by 50 Hz magnetic fields in human SH-SY5Y neuroblastoma cells. *Int J Radiat Biol*. 2016 Sep 20:1-27. [Epub ahead of print]

Abstract

PURPOSE: In our previous studies, exposure to extremely low frequency (ELF) magnetic fields (MFs) altered responses to DNA damage caused by menadione. The aim of this study was to evaluate possible ELF MF induced changes in proteins involved in DNA damage responses and in cell cycle distribution.

MATERIALS AND METHODS: Based on our previous studies, the exposure protocol included pre-exposure of human SH-SY5Y neuroblastoma cells to a 50 Hz, 100 μ T MF for 24 hours prior to a 3-hour menadione treatment. As DNA damage responses are relatively fast processes, a 1-hour menadione treatment was also included in the experiments. The menadione concentrations used were 1, 10, 15, 20, and 25 μ M. Immunoblotting was used to assess the levels of DNA damage response-related proteins (γ -H2AX, Chk1, phospho-Chk1, p21, p27, and p53), while the level of DNA damage was assessed by the alkaline Comet assay. Cell cycle distribution was assayed by SYTOX Green staining followed by flow cytometry analysis.

RESULTS: The main findings in MF-exposed cells were decreased p21 protein level after the 1-hour menadione treatment, as well as increased proportion of cells in the G1 phase and decreased proportion of S phase cells after the 3-hour menadione treatment. These effects were detectable also in the absence of menadione.

CONCLUSIONS: The results indicate that MF exposure can alter the G1 checkpoint response and that the p21 protein may be involved in early responses to MF exposure.

<http://www.ncbi.nlm.nih.gov/pubmed/27646005?dopt=Abstract>

The effect of extremely low-frequency magnetic field (50-60 Hz) exposure on spontaneous apoptosis: The results of a meta-analysis

Mansourian M, Marateb HR, Vaseghi G. The effect of extremely low-frequency magnetic field (50-60 Hz) exposure on spontaneous apoptosis: The results of a meta-analysis. *Adv Biomed Res.* 2016 Aug 30;5:141. doi: 10.4103/2277-9175.187375. eCollection 2016.

Abstract

BACKGROUND: This paper is a meta-analysis of the published data from in vitro studies to evaluate whether spontaneous apoptosis might be influenced by extremely low frequency (ELF) magnetic fields (MFs).

MATERIALS AND METHODS: A comprehensive scientific literature search in electronic databases was conducted and studies covering the period 2000-2010 were selected. Then, published studies involving the desired topic were retrieved. The inclusion criteria were percentage of apoptosis in the cells exposed to 50-60 Hz ELF-MFs. The statistical analysis was performed by comprehensive meta-analysis version 2.

RESULTS: The summary measure of association (95% confidence interval) for all 18 effects estimated from 8 studies was 1.18 (1.15, 1.20). Heterogeneity among studies was found. There was no evidence of publication bias for the association between exposure to MF and apoptosis risk.

CONCLUSION: Our meta-analysis provided conclusive data that ELF-MFs can increase apoptosis in cancer and normal cells. Furthermore, there is a possibly individual intensity and time range with maximum created effect according to window effect.

Open Access Paper: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5025908/>

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Recent Posts on Electromagnetic Radiation Safety

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National Toxicology Program Finds Cell Phone Radiation Causes Cancer

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Electromagnetic Hypersensitivity

http://www.saferemr.com/2014/10/electromagnetic-hypersensitivity_30.html

Wi-Fi in Schools & Other Public Places

<http://www.saferemr.com/2013/03/opposition-to-los-angeles-public.html>

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Joel M. Moskowitz, Ph.D., Director

Center for Family and Community Health

School of Public Health

University of California, Berkeley

Electromagnetic Radiation Safety

Website: <http://www.saferemr.com>

Facebook: <http://www.facebook.com/SaferEMR>

I need help right away. Help!! Why am I soo sick on my new home phone?

From: Beek

To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>

Sent: Sunday, November 13, 2016

Subject: Re: [emfrefugee] I need help right away. Help!! Why am I soo sick on my new home phone?

Shut off as many breakers as you can

Use regular light bulbs.....

No routers or modems within 50 feet

No coax tv or internet....unless you don't feel it.....cell phones..lap tops w hi def screens.....they are a problem

From: emfrefugee@yahoogroups.com <emfrefugee@yahoogroups.com> on behalf of Bill

Sent: Sunday, September 4, 2016

To: emfrefugee@yahoogroups.com

Subject: Re: [emfrefugee] I need help right away. Help!! Why am I soo sick on my new home phone?

If they told you it was the same as a land line you should ask for your money back... complain that it doesn't work when your electricity is disconnected.

If you need to stick with it, try a different power supply for the modem.

You should try a linear supply with same voltage and at least as much current. Also, if it's coming in on cable you can try an isolation transformer on the cable to block ground loops. They are small, use no power, and cost around \$20. Best to find out what frequency the modem uses first because if it's too low (below the cutoff of the transformer) it won't work. But I think it will work.

On Sun, Sep 4, 2016, Jane wrote:

Hi Tammy,

Really sorry to hear it is just magnetic fields in the house. [My understanding now is that you have measured and do not have Rf (radiation fields) so we are only talking magnetic fields?] Magnetic fields can be difficult to deal with. Usually has to do with the wiring in the house. I found high magnetic fields in a house that had solar inverter meter sending electricity from solar panels to the electric company. There were high readings in random areas of the house that did not correspond to anything reasonable.

If you are getting readings over 5 on the magnetic fields this is very high as you know even before the cable was installed. Maybe the cable is increasing magnetic fields and electrical fields?

Maybe you also have Rf fields that haven't been measured? If you are sure that there is no Rf I think you must consult an EMF wiring specialist. Wiring in the house may need to be changed.

I know how frustrating all this can be.

Jane

<http://www.electricsense.com/6893/emfs-magnetic-field-reduction-home/>
<http://www.electricsense.com/8335/magnetic-fields-safe-levels-exposure-emfs/>

On Sat, Sep 3, 2016, Thegirllovesflowers wrote:

Thank you Cindy and Jane for your replies.

I use a Trifield meter model 100xe to measure things.

We just moved in and unfortunately I measured the area four times last week – looking for good places to place our bedding – but not right before the phone was put in. Actually I hadn't even bought a phone yet. My readings then were 3-5 consistently.

The modem is a Cisco DPQ3212. When it was plugged in it had the lights lit up on everything except link. They are the power lights for DS, US, ONLINE, LINK, TEL1, TEL2, AND BATTERY.

I unplugged the modem immediately after seeing my magnetics go to 6-8 range. Within the 0-3 range magnetic scale when I put it near the modem. It waved around though – like flickering.

I unplugged the modem; then the range went down to 5 consistently. I put it near the cable and it went up to 5-6. So I unplugged that cable from the cable that was running to the outside where he had it connected to a splitter. That's where another cable is connected to that splitter and runs all the way out to the electricity pole. With lots of stuff on it.

Unfortunately we don't get a TandT here, although if it's going to be switched there's no reason to anyway. The only other phone co. here is Frontier. They were more expensive than Cox. Maybe that's because they are still doing the landlines. Do all the co.s have to switch anyway and I would just be wasting my money again??

~Tammy

Loving life and the giver of it!

On Sep 3, 2016, Cindi wrote:

Hi Tammy:

My experience with Cox is that their employees don't know that you can't turn off the portion of the modem that looks to pair with a device. I can't tell from your email if you disconnected the modem. Go back to hard wire land line. Century Link, or other landline provider. Sorry that cost you. It is just the employees don't know.

There are also the effort of the cable companies to provide a side of your home router or modem that is for public access. Not your side which is secure; so the other side sends a signal to find the device of a Cox user who would then be able to use as their public Wi-Fi access. Forgive me, but I am not recalling if Cox is doing that or if Comcast is doing that. We are just sticking to hard wired land lines for now.

What kind of meter are you using to measure the pulsed frequencies? Because you should see it drop off completely, not just a little and it the readings should be the same as before you got the phone.

Cindi

Subject: [emfrefugee] I need help right away.Help!! Why am I soo sick on my new home phone?

From: Thegirllovesflowers

Date: Sat, September 03, 2016

To: emfrefugee@yahoogroups.com

I will be able to stay in my vehicle tonight if I don't get this figured out. But if anyone's out there now, can you advise.

I ordered phone service with Cox cable. When I ordered they assured me it's the old-fashion phone line. Well they installed it using a cable like for hooking up cable TV. Then hooked to a modem, and now my phone is hooked up to that modem.

Yikes,it looks like the magnetic fields are skyrocketing now.

So I called immediately got it turned off on their end (no one came to my house to undo what they did with the power lines on my house and on the street). The numbers seem to have gone down a little bit. Do I need to have them go back to the power lines and remove what they installed to have it completely off? They told me over the phone "No" but they have argued about the situation the entire phone call. So I don't believe them; they were no help. So far I am down 90 dollars due to their negligent information. ;(

Thanks for any advice you have.

~Tammy

From: Bruce

To: emfrefugee@yahoogroups.com

Sent: Sunday, November 13, 2016

Subject: Re: [emfrefugee] I need help right away.Help!! Why am I soo sick on my new home phone?

Cable phone service is going to be a project to get tolerable, and will involve both shielding and filtering that won't be 'plug in'.

You don't mention any details about where you are reading magnetic fields, or their levels before and after, which makes it difficult for a competent response.

If you have elevated fields in a larger area, then this is likely due to a 'ground loop' or neutral current running on the cable shield. As Jane suggested, an isolation transformer in the cable line, before your grounding block, will stop this. Alas, the cheap transformers really aren't transformers at all, and will not solve this problem, since they are just common mode chokes.

There will be conducted EMI on to the power of the home, from the switching supply. That can be addressed with replacing the supply with a linear supply, though the transformer for that is a problem for ELF magnetic fields and should be located well away from living areas. A decent commercial power filter (filterconcepts.com, SW series) will help but may not be sufficient. The power to the unit should be shielded in conduit, and be on a separate circuit to reduce radiation from nearby wiring.

There will be directly radiated emissions from the cable modem and that will require locating it away from the living space and putting it in a shielded enclosure.

There will also be conducted EMI on the phone line. RFIcorp and Genesco make military-grade low-pass filters for phone lines, \$300-600, but installation requires someone familiar with high-frequency filters and grounding requirements. There must be separation (via metal conduit shielding) between the incoming and outgoing (filtered lines), or high frequencies will just bypass the filter entirely.

You are best off getting the unit removed, as it would be a project to use cable in the home of someone with ES. Done right, it could be very low EMF. But not fixable by simple plug-in devices unless you are only very slightly ES and get very, very lucky.

From: Bruce

To: emfrefugee@yahogroups.com

Sent: Sunday, November 13, 2016

Subject: Re: [emfrefugee] I need help right away. Help!! Why am I soo sick on my new home phone?

A technical observation about switching off circuit breakers:

The home circuit breakers only disconnect the hot phase. The neutral and neutral derived safety ground are still connected. So disconnecting the breaker will NOT stop EMI that is present also on the neutral. One of the steps for locating EMI sources in the home is to turn off all the breakers, one at a time, while listening with the Radio Shack 12-467 or Sony ICF-S10MK2 AM radio at the breaker box, or on a lamp cord on any circuit in the house. If the source is external to the home, you can hear it plainly on ALL the disconnected circuits with the main power breaker off. If the source is internal to the home, you can often hear it plainly on all the other circuits, even if they are off. This is because switching supplies and variable speed motor drives generate plenty of common mode EMI- and that is equally present on all the conductors, not just the hot wire.

While I'm on the topic, common mode EMI (this is what it's called in EMC) can also NOT be filtered by plug-in capacitors. Capacitors are not just 'batteries' to smooth power, they also pass AC. In fact many older audio systems drive the speakers through a capacitor; the capacitors block DC current but pass the audio power signal. Capacitors will convert some differential EMI to common mode, which does serve to reduce the readings of differential EMI, but does not change the radiated emissions from the wiring appreciably. There will also be an increase in high-frequency emissions by adding the capacitors on the ends of long wiring runs.

The plug-in capacitor 'filters' (and the semi-bogus differential EMI only reading meter) are yet another bogus product being foisted by incompetents and charlatans on the ES disabled. When some recommends these products, you know their education and skills are severely lacking, at best.

Turning off the breakers will eliminate the magnetic fields from wiring errors. (See Karl Riley's Tracing EMFs in Wiring and Grounding.). But it doesn't change grounding issues (neutral current to earth or water/gas mains) with cause (typically low-level) magnetic fields over larger areas.

There is really no substitute for locating and removing or correcting EMI sources from your home power – just turning off breakers flat doesn't do it unless you are also turning off the circuit(s) that are the source of your EMI problem. Breakers off is helpful for diagnosis and triage, until you can get the problem fixed. If you remove the higher frequency EMI from the power, you will have much less problems with electric fields. 60Hz doesn't radiate (e-fields) well from home wiring, but higher frequencies do.

Finding a new home...looks like towers are everywhere

From: Beek
To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>
Sent: Sunday, November 13, 2016
Subject: Re: [emfrefugee] Finding a new home...looks like towers are everywhere.

6163223011
Call me.....
Daniel.
Let's talk about your problem
I may be able to help

From: Angela K.
Sent: Thursday, August 18, 2016
To: emfrefugee@yahoogroups.com
Subject: [emfrefugee] Finding a new home...looks like towers are everywhere.

My kids and I are extremely EMF & EMR sensitive. We have moved temporarily to the woods and have been staying in an RV, sleeping with only DC power working, because I cannot sleep connected to AC power. We have sold our house, which was located on power lines and had 7 cell towers topping them, and can now look for a new home.

As our search got underway, we are realizing it will be impossible to get further than 2 miles from any given cell tower and if we want to be near any sort of civilization, we will have to be surrounded by no less than 5 towers (at least at time of purchase...this number will obviously grow in time).

Even in the middle of nowhere, with no amenities or people, there are still at least 2 towers nearby.

The realization that cell towers cannot be avoided is a very sad and scary one. With as extremely sensitive as I am, I foresee a life of forever EHS symptoms, ranging from insomnia to full body rash. A very scary future. Has anyone successfully found ways to live among the radiation? Any successfully ways to be outside and enjoy life with towers multiplying at astronomical rates?

Any thoughts would be appreciated, because we just don't know where to move to.

Angela K.

From: Bruce
To: emfrefugee@yahooogroups.com
Sent: Sunday, November 13, 2016
Subject: Re: [emfrefugee] Finding a new home...looks like towers are everywhere.

Sorry for your difficult situation. It would more accurately be called near impossible. 2 miles to towers is really not a good idea for someone with ES, though that varies so much with terrain and such that distance is almost meaningless. A measurement via meter would tell a lot more, and might also help you to better locate a suitable home. A meter might also help you get a gross idea of what levels feel good to you. (Though specific frequency sensitivity will often trump the peak reading.)

Frankly, smart meters and Wi-Fi from the neighbors makes suburban living with severe ES near foolhardy, unless you are only mildly ES.

I'm not living off grid, in the middle of nowhere because I think that's fun or convenient. There really aren't cell phones every 4 miles in very rural locations, yet. I have 2 towers at 5.5 miles and one at 16 miles. I do have about about 12dBm of 'free' reduction due to terrain masking, and have typical peak levels of about -65dBm. There are areas that are 2.5 miles further away with 12-15 dB higher readings than in my little valley. My home is shielded because I can't sleep much at all until microwave levels are below -70dBm.

So I suggest looking further from towns and cities. If you must live on grid, and it's a Wye-served area, look for homes near the end of the local power extension. Make sure there is already a smart meter opt out, of course. Use the Trifield meter with 100x external probe for ELF magnetic field measurement to assess properties; almost everyone with ES is more sensitive than 0.2 milligauss, making most meters almost useless.

Best Wishes,
Bruce

Take Action Now!: Support Accessibility for those with RF sickness

From: Angela T.
Sent: Sunday, November 13, 2016
Subject: Important! Take Action Now!: Support Accessibility for those with RF sickness

Hi - please see email below with complete instructions from Catherine on what to do.

From: Webmaster <webmaster@electricalpollution.com>
Date: Sun, Nov 13, 2016
Subject: Take Action Now!: Support Accessibility for those with RF sickness
To: Webmaster <webmaster@electricalpollution.com>

Deadline: In person - December 5, 2016, but prior registration is needed
By email - December 12, 2016

Everyone can give input to this long-range planning process. This opportunity is not just open to affected U.S. residents, but also to people who care about affected individuals or human rights and to people who used to or still do travel in the U.S., but suffer functional impairment as a result. Support for the need to create wireless radiation-free public spaces from people who do not experience symptomatic functional impairment is important.

If you are experiencing environmentally-induced functional impairment from wireless technology (a.k.a. radiofrequency sickness, electrotoxicity, etc.), please take a moment to participate in the listening sessions below. Environmentally-induced functional impairments are covered under the 2008 ADA Amendments.

It is imperative that they hear from as many people as possible with narrow specific needs e.g. no wireless, especially Wi-Fi, in public buildings and public spaces, especially medical facilities. If you have time and are able to do so, please back up your story and the need for wireless-free public buildings and public spaces with research. If not, your story and the stated accessibility barrier are sufficient.

There are multiple ways to participate: in-person, by phone, and by email. Please participate in the way that works best for you. If you participate in-person or by phone, you will have a 5-minute time limit on your comment. You will also need to register. They ask that you please provide a written copy of your comments (or main points) as well, if possible. That way there is a permanent record of your views that can be included in the final report. I find that preparing oral comments in writing and then practicing, and timing and tweaking them allows me to get the most out of my time. Be sure to make your comments clear, focused, and emotionally powerful, but remember they are public record. Be sure to email a written copy of your comments (NIDILRRfuture@acl.hhs.gov). You can include supplementary information when you do so.

Below is a complete list of steps needed to ensure accessibility for those with RF sickness (an environmentally-induced functional impairment caused by RF exposure.) Please feel free to use some or all in your comment.

Please send a copy of your comment to your National Congressional Delegation (2 Senators and 1 Representative) Look them up at: http://www.senate.gov/general/contact_information/senators_cfm.cfm and <http://www.house.gov/representatives/>. Ask that they stop funding wireless broadband, repeal section 704 of the 1996 Telecommunications Act, give the EPA authority to establish population-based biologically-protective limits for wireless radiation, and ban Wi-Fi from public buildings and public spaces. They need to hear about this continually from everyone before they will act. Only rarely do people take action on new information the first time they hear it.

Life will not get better in the future for those with RF sickness without your active participation now.

Thank you for taking the time to comment.

Best, Catherine

P.S. See the Solutions page at www.electricalpollution.com for a list of steps to minimize RF exposure in your home.

<http://neweditions.net/meetings/nidilrr-stakeholder-listening-session>
NIDILRR 2018-2023 Long-Range Plan
Stakeholder Listening Session

The National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR) will be hosting a number of listening sessions across the country to help inform future funding priorities and strategic direction. Mandated by Congress to develop a Long Range Plan every five years, the agency aims to continue to be responsive to the needs of key stakeholders – especially people living with disabilities.

“We fund some of the most talented and innovative researchers and technology developers in the country,” said NIDILRR Director, John Tschida. “We need to make sure that this research and development focuses on improving the everyday lives of people with disabilities.”

NIDILRR will hold three-hour public meetings in the following locations. The meetings will be held from 10:00 a.m. – 1:00 p.m. local time. You can attend in person, listen by phone or provide comments by email.

October 14, 2016
U.S. Department of Health and Human Services
Bryon G. Rogers Federal Building
1961 Stout Street
Denver, CO 80294
Longs Peak Conference Room A&B

October 28, 2016
U.S. Department of Health and Human Services
90 7th Street
San Francisco, CA 94103
Rooms B-020 and B-040

November 1, 2016
U.S. Department of Health and Human Services
233 N Michigan Avenue
Chicago, IL 60601
13th Floor Conference Room

November 18, 2016
U.S. Department of Health and Human Services
John F. Kennedy Federal Building
15 New Sudbury Street
Boston, MA 02203
Conference Room 900A

December 5, 2016
U.S. Department of Health & Human Services
1301 Young Street
Dallas, TX 75201
Rooms 914, 915 and 916

Note: Please be prepared to show a government issued photo ID (e.g., driver’s license) and go through a security check point to access the building at each location.

Attendees should come Prepared to Answer the Following Questions:

What issues (barriers) make it challenging for you to be an active member of your community?
What improvements (name the top one or two) would make your daily life better?

What has changed, for better or worse, in the last five years that has affected your ability to achieve your goals?

“No subject is off limits during these conversations,” Tschida said. “People with disabilities lead diverse and complex lives. Understanding those details will help us determine how our future research and development opportunities should be focused.”

Note: If you are planning to attend in person and would like to present comments, you will have 5 minutes to present. Please bring a written copy of your comments to the meeting so that we can maintain them as part of the record for the meeting.

NIDILRR’s Mission

NIDILRR’s mission is to generate new knowledge and to promote its effective use to (1) improve the abilities of individuals with disabilities to perform activities of their choice in the community, and to (2) expand society’s capacity to provide full opportunities and accommodations for its citizens with disabilities.

Examples of NIDILRR project successes include:

- Ensuring that accessibility features are incorporated into new and developing technologies, including internet browsers, computer operating systems, and mobile phones.

- Developing the principles of universal design to ensure the built environment is accessible to everyone, regardless of their abilities.

- Developing and growing model systems of rehabilitation to improve the functional abilities and long-term social participation outcomes of those with disabilities.

- Supporting the maturation of the Americans with Disabilities Act (ADA) national network that provides training and technical assistance to businesses, individuals, units of government and others.

Attendance by Phone (New Phone Number)

Phone Number: 1-866-952-7534

Pass Code: 78632

You will be allowed to provide comments by phone and to join in the discussion. The phone line will be managed by an operator who will welcome you to the meeting and let you know when it is time for you to provide your comments or participate in the discussion.

If you require participation by CART (Communication Access Realtime Translation) service, please let us know by checking the box on the registration page. A web-link to the real-time CART transcript will be emailed to you prior to the meeting date.

Provide Comments by Email

NIDILRR will accept written comments via email at NIDILRRfuture@acl.hhs.gov. Please submit your comments by December 12, 2016.

Registration (only required if you plan to attend in person or listen by phone)

Register Online. You can also register by fax at 703-356-8314 or by phone at 703-356-8035 ext. 105. Please register today!

For questions or assistance with registration, contact Robin Toliver, New Editions Consulting, Inc., 703-356-8035 ext. 105.

Accommodations necessary for people with radiofrequency sickness

Below is a list of accommodations necessary to allow people with radiofrequency sickness to once again participate fully in public and community life. It is divided into two categories – one for transmitted radiofrequency radiation, and one for radiofrequency exposure from ‘dirty’ electricity.

Transmitted radiofrequency radiation accommodations:

Adopt Salzburg, Austria radiofrequency radiation safety limits until biologically-based population-protective RF safety limits can be established (1microW/m² inside and 10microW/m² outside – lowered as necessary to prevent biological effects because experience shows that levels should be below 3microW/m²).

Public places (including transportation) devoid of locally provided wireless internet service.

Transmitters on wireless devices turned off in public buildings – detectors should be installed at entrances to remind people.

Hospitals only use wired internet, wired in-building networks, and wired devices within the hospital, also protects privacy.

Cell and broadband antennas situated at a distance from hospitals and residential areas such that Salzburg radiation limits of 1microW/m² are not exceeded inside the hospital or homes.

Medical clinics use only wired in-office network and internet service and devices.

“Dirty” electricity radiofrequency accommodations:

Kazakstan “dirty” power standard adopted globally – maximum of 50 G/S units on Stetzerizer meter on building wiring. (www.stetzerelectric.com)

Daylighting should be encouraged. All new lighting installations must be low radiofrequency lighting e.g. properly engineered lighting with very low or no emission of Incidental or Unintentional RF. LED lights can be engineered to this standard, but many are not at this time and therefore emit high amounts of RF. (Additional benefits – LEDs are more energy efficient than fluorescent lighting and do not emit UV thereby allowing greater access for people with lupus.)

Use of tiered lighting instead of dimmer switches (also saves energy).

Protecting my health and that of others by using a hardwired computer in a low RF environment. For more information, see www.electricalpollution.com

Worked for Me!

From: Robert Nelson

To: Gary Vesperman <garyvesperman@yahoo.com>

Sent: Sunday, November 13, 2016

Subject: Re: Fw: [emfrefugee] Worked for Me!

What a quantum crock of qubits -- what works is military anti-personnel radar absorbing rubber such as is used on their big tent doors... I recycled one to make a rubber hat that does the trick... look into it...

From: Gary Vesperman

Sent: Nov 13, 2016

Subject: Fw: [emfrefugee] Worked for Me!

I am writing EMF Hazards Book 4. Found this while reviewing old EMF emails. Gary

From: Anne
Sent: Wednesday, September 21, 2016
Subject: [emfrefugee] Worked for Me!

I want to share with the EMF Refugee group what I have found to be helpful to me. I have been with the EMF Refugee group I believe since its inception, feels like a decade ago. I've been on the hunt for remedies to living in this highly toxic and EMF world, and how to deal with healing and health given these conditions. My hunt has ranged from quantum physics scientists to down the rabbit hole politics.

A friend told me about an applied quantum mechanics physics scientist, Gary "Thunder" Pratt, part AmNative Indian, farm boy from Iowa, IQ >200. He had worked in the telecom industry (e.g., MCI that uses microwave and satellite) and computer video games company ... quantum computing is a whole other thing. His wife had been in a terrible car accident, he used his technology to literally repair her, going from a grim broken body and prognosis, she now runs up and down their multi-level home busy with the children.

This farm boy has applied his quantum technology to such issues as growth of food plants, cleaning environmental pollution (e.g., auto emissions to zero, EPA tested), cleaning polluted water, increased protection from cell phone and other harmful EMF radiation, thermal regulation, and health applications packaged into "GrayLind Gold" hologram, among other applications. His company is GrayLind, Industries, a combo of Gary and wife Linda. His technology isn't just frequencies, so to speak, this is quantum, involving such aspects as density, dimensions, energy, "signatures", and codes. Like tapping into the Matrix for better 3D living. ...

[Save Landlines!] Contact

From: Joshua Hart <joshuahart@baymoon.com>
To: Save Landlines <savelandlines@groups.electricembers.net>
Sent: Monday, November 14, 2016
Subject: [savelandlines] Fwd: [Save Landlines!] Contact

I imagine we would tell this person to lodge a formal complaint at the CPUC, but I'm not convinced that would get her anywhere.....

Name: Clara C

Comment: Hello – I have a friend trying to get a landline dial tone installed in a home where they just moved. AT&T is claiming the only phone they can get installed is VOIP. They are not getting anywhere when they call customer service. How do you recommend that they proceed? They live in Silicon Valley.

November 13, 2016

Josh Hart MSc
Director, Stop Smart Meters!
<http://StopSmartMeters.org>
PO Box 682 Portola, CA 96122
Toll-Free Hotline: (888) 965-6435

Sign up for our e-mail news bulletin here:
<https://actionnetwork.org/forms/subscribe-to-stop-smart-meters-monthly-bulletin>

Stop Smart Meters! Store:
<http://stopsmartmeters.org/store/>
•Brochures & Cards
•EMF Detectors/ Meters
•Stickers & More

Donate to Stop Smart Meters!
<http://stopsmartmeters.org/donate/>

Sent from my safer, wired computer

The incredible law that can still stop Trump

From: Joshua Hart <joshuahart@baymoon.com>
To: Shari
Cc: David Sheldon "stopsmartmeters@groups.electricembers.net"
<stopsmartmeters@groups.electricembers.net>; "savelandlines@groups.electricembers.net"
<savelandlines@groups.electricembers.net>
Sent: Monday, November 14, 2016
Subject: Re: [savelandlines] [stopsmartmeters] The incredible law that can still stop Trump

Thanks for sharing this, Shari.

I feel like one silver lining that could come out of this election is that people are forced to face the reality that this country (and indeed this culture) is awash in racism, xenophobia, and hate and that the culture is on a death mission that will not rest until the planet and all its inhabitants are destroyed. This is the case no matter who was elected president of the "United" States.

The truth is that if we want change, if we want smart meters stopped, if we want landlines preserved, if we don't want the planet to go down the tubes, then we need to start in our own neighborhoods and create systems that are not dependent on these forces. We need to literally re-imagine our lives and create them from the ground up.

We need to use energy that doesn't come with a nasty RF hangover, use telecom that is safe and wired, demand these things and simply not take no for an answer. We need to seed community and togetherness in our neighborhoods, and be courageous enough to participate in direct action to defend our values.

Relying on the powers that be for change will most certainly result in failure. We need to take responsibility back from the corrupt players in charge and stop asking for permission. We just need to create the society we want – we have the power in numbers and the vision and they have only the illusion and the spectacle.

Josh

On Nov 14, 2016, Shari wrote:

It's with the heaviest heart that I contribute to this discussion. Yes, we all do need to focus on the ubiquitous spread of RFR technology in every part of our lives and in every place where we live, work, and even recreate. But the divisions among us prevent us from being effective because the task of doing so is monumental to begin with.

As has been evident in these forums for some time now there is a terrible divide amongst people about the nature of not only the RFR problem but every other problem of consequence in this country. Josh has been trying to speak to all comers, but my feeling has always been that there are substantial numbers of folks that are simply unreachable and wedded to the 'information' or 'facts' that they find in corners of the Internet. We no longer have agreed upon sets of facts or even ways of looking at the world. Our worldviews are clashing, while technology and social transitions are occurring rapidly.

Instead of trying to understand the context of the social change and times we live in we get angry. The anonymity of the Internet and social media has allowed the worst side of human nature to be cultivated instead of the best sided of human nature, that side that sees the other in ourselves, and values the health of our planet, not only because its health supports us but because of its intrinsic value and beauty.

I am a disabled person (and had to fight hard to get that designation). I have multiple chemical sensitivity and EMF sensitivity. I am already marginalized and stigmatized. The lack of regulations regarding the 85,000+ chemicals in our consumer products are already a problem for me. The ag pollution in our local waterways already prevent me from enjoying a kayak trip on the river. I am awaiting the loosening of the regulations regarding these chemicals that already exist. Does anyone's anger help me?

I have been in tears for days. It's hard to imagine how anyone could vote for a man like this, who is surrounded by people like Steve Bannon of the white nationalist Breitbart news, with an agenda (from the Republican platform) that will most likely make it far harder for me personally. I fear for those whose otherness and disability is more easily recognizable.

But beyond this I fear for our democracy. Today I see no way forward for those who want accountability at the FCC. Why would anyone listen to us? Truly, does anyone care about me, or us? Will any representative or agency staffer care about us when the likelihood will be to make it even easier for corporations and associated agencies to get their way. To speak up will ensure job loss.

I am including here a link to an article written by Masha Gessen, published in the NY Times Book Review, "Autocracy: Rules for Survival."

<http://www.nybooks.com/daily/2016/11/10/trump-election-autocracy-rules-for-survival/>.

She has lived in Russia and knows how easily and quickly democratic states can succumb to a strongman force like Putin or Trump.

I realize that this discussion is uncomfortable for some, but I now fully commit to stand up for our democracy. I am working on a button to wear for those of us who really do care about one another and the planet we call home. We can not and must not cower. May God bless us as we go forward into uncharted waters.

Shari

Nov 14, 2016, Joshua Hart <joshuahart@baymoon.com wrote:

On Nov 13, 2016, David wrote:

The United States was not established as a 'democracy', but rather as a republic. The Electoral College, adopted as part of our Constitution, was, in part, a concession to the smaller states to persuade them to join the union. The consent of the smaller states was necessary to establish this union of states. Those who call for abolition of this system are essentially calling for violation of the terms on which the smaller states agreed to join.

The Electoral College has become a dangerous anachronism that ignores the votes of millions of people, has led to the candidate with less votes winning several times, and clearly needs to be abolished. There is nothing that makes the USA “special” or different from other empires which have fallen apart. At this point, having the west coast secede for example would lead us to more representation and democracy, not less.

The founders also envisioned the Electoral College as a firewall against vote count tampering, and a mechanism to help ensure that successful Presidential candidates would not draw their support exclusively from one region of the country. Without such a mechanism it would be possible for someone to be elected President with huge majorities in one region although completely unsupported in most of the rest of the country. The Electoral College may, for example, have prevented a successful campaign by George Wallace.

An incidental benefit is that we also learn very quickly who the next President will be since the Electoral College imparts certainty of result. Without it we still would not know who our next President will be since the very close popular vote totals in this election would mean there would still be recounts going on all over the country.

This is not true I am afraid.

As the New York Times reported, “By the time all the ballots are counted, (Clinton) seems likely to be ahead by more than 2m votes and more than 1.5 percentage points. She will have won by a wider percentage margin than not only Al Gore in 2000 but also Richard Nixon in 1968 and John F Kennedy in 1960.”

I personally do not give any of my power, support, or recognition to a sexual predator and racist who did not win the popular vote. I will do everything in my power to resist his policies including environment policies and deportation of families from this country.

This man lies continuously and has blamed the opposition repeatedly for things he actually does himself:

- * blaming Clinton for taking drugs before the debate while he obviously snorted half of Colombia on his way through 3 of them

- * blaming the vote for being rigged when there is substantial evidence that the results were ‘influenced’ to sway the election for trump:

<http://www.alternet.org/election-2016/can-we-count-election-results-exit-poll-discrepancies-and-voter-suppression-are>

This is a tactic straight out of 1984 – where language is used to confuse people (doublespeak, etc.)

I strongly recommend reading Orwell’s 1984 now, to prepare for what is coming.

As grassroots opponents of corporate programs like loss of landlines and deployment of smart meters, we are now officially ‘the enemy’ or ‘the insurgents’ as PG&E labelled us in 2012. Anyone getting in the way of a corporation’s business should be prepared to be treated like terrorism suspects which Trump says he would gleefully torture (and kill their families – a war crime). In other countries, activists who challenge the government/corporatocracy have been disappeared, tortured, imprisoned or killed. It’s ridiculous to think that this kind of thing cannot happen in the US. Americans just ‘elected’ a president who is more likely than not to move us in this direction, given his ignorance and rejection of the US Constitution.

Since Trump has now appointed about the worst person possible who has represented Verizon and other wireless companies to the top post, hiring people at the FCC, I'd say we're doubly screwed now – anyone who voted for this piece of shit thinking that he was going to reject corporate lobbyists or somehow turn around the wireless nightmare – en contrere mes freres:

<http://www.msn.com/en-us/news/politics/trump-campaigned-against-lobbyists-now-they%E2%80%99re-on-his-transition-team/ar-AAk9Rg3?li=BBmkt5R&ocid=spartanntp>

Josh

Far from being an anachronism the Electoral College is as necessary today as it was when the founders conceived it.

David Sheldon
Michigan Stop Smart Meters

(sent from my hard wired internet connection)

Sent: Sunday, November 13, 2016

From: Isis (via stopsmartmeters list)" <stopsmartmeters@groups.electricembers.net

Subject: Re: [stopsmartmeters] The incredible law that can still stop Trump

The U.S. would be a laughing stock for its undemocratic election process, if this country didn't have such massive power over the rest of the world. Instead, few people are laughing, because what happens here has a direct impact on the well-being of most everyone else on the planet too.

If this was just a small country, there would be massive international solidarity and pressure like there was on South Africa under Apartheid, to implement a one-person one-vote democracy in this country. No matter who got put in power here, and how we feel about that person, it's not much of a democracy when an individual's vote is meaningless because some 'electoral college' is the final arbiter of who wins.

A two-party system like in the U.S., where no one else ever even gets a seat at the table, is not a democracy, but a lot closer to tyranny than most people in this country would like to admit. It's an embarrassment, and worse, a longstanding, perpetual disaster.

Isis

Sent from my hardwired computer with all wireless functions turned OFF

From: SBRINCHMAN

To: Maureen

Cc: stopsmartmeters@groups.electricembers.net; savelandlines@groups.electricembers.net

Sent: Sunday, November 13, 2016

Subject: Re: [stopsmartmeters] The incredible law that can still stop Trump

Actually we will be a thug democracy under Trump. The Electoral College system has allowed a thug to be elected.

In a message dated 11/13/2016, maureen@stopocsmartmeters.com writes:

By all means...let's get rid of our Constitutional Republic and become a thug democracy. By doing this you will marginalize the people's representation.

It's the same reason we have 2 senators from each state. Why should Rhode Island have the same number of senators as California? Should we repeal that law as well?

Maureen
StopOCSmartMeters.com
Facebook: Stop OC Smart Meters
Twitter: WirelessFreeZn
Sent from a wired computer

On Nov 13, 2016, InterLinked CEO <wirelessaction@outlook.com wrote:

From: Oliver
Sent: Sunday, November 13, 2016
Subject: The incredible law that can still stop Trump

https://secure.avaaz.org/campaign/en/national_vote_full/?bDYnglb&signup=1&cl=11087531293&v=84034/

Hillary won more votes than Trump, and still lost. But the genius popular vote plan could still stop Trump from becoming president -- but we have to act fast. Click to sign this urgent petition with just one click and share with everyone you know:

SIGN THE PETITION

Dear friends,

More Americans voted for Hillary Clinton than Donald Trump! That's right, Clinton won the popular vote, but the Electoral College system will silence the people's voice. But there's an incredible Hail Mary plan that could still stop Trump -- if we act really fast!

The Popular Vote Plan is genius. It's legislation that would guarantee the candidate who receives the most popular votes is elected, and it only needs the support of enough states to equal 270 electoral votes to pass. 10 states are on board, and 4 have pending legislation, so it's already 3/4 of the way there!

The Electoral College meets in a few weeks to decide our next president -- and if we can create enormous national pressure on the few holdout states to adopt the plan before it's too late, we can still stop Trump from becoming the next president. Let's make this massive! Click below to sign this urgent petition with just one click and share with everyone you know:

Sign this urgent petition to stop Trump now

To state lawmakers in Oregon, Connecticut, New Mexico and across America:

As citizens deeply concerned that the presidential candidate with the support of the majority of American voters will not become president, we urge you to pass the National Popular Vote bill immediately before the Electoral College meets on December 19. The voice of most Americans should not be silenced. It's time to make sure that every vote, in every state, matters in every presidential election.

Sign this urgent petition with one click now

The Electoral College system is a disaster for our democracy. It forces presidential candidates to focus all their energy on a small fraction of their voters -- leading to crazy policies like the enormous agricultural subsidies designed to appease farmers in the electorally-important state of Iowa -- and it leaves 75% of voters without a voice in who runs our country.

To officially get rid of the Electoral College would require a constitutional amendment. But what's so brilliant about the Popular Vote Plan is that it doesn't need a change to the Constitution, it just needs the consensus of enough states. Here's how it would work: states pass legislation saying they will give all their Electoral College votes to the winner of the national popular vote, and, when there are enough states to represent 270 electoral votes, the legislation becomes binding.

In 2004, Bush became President in the exact same way Trump is set to. Right after the election, there was huge outrage over the Electoral College -- but then our attention moved on. This time, we must seize the moment and do everything we can to stop Trump from becoming president.

Click to sign the urgent petition to stop Trump

Democracy is at the core of Avaazers' DNA. We come together around the idea that the world we want is a dream shared by most people everywhere -- not just the vision of the few. This is a chance to take a step towards that vision despite the darkness of the last few days, and to put our country on the path to a better future.

With hope,
Oliver, Nell, Allison, Andrew, Emma and the whole Avaaz team

More information

National Popular Vote
<http://www.nationalpopularvote.com/>

Here's the best chance America has to revamp the Electoral College (Daily Dot)
<http://www.dailymdot.com/layer8/national-vote-electoral-college/>

The Troubling Reason the Electoral College Exists (Time)
<http://time.com/4558510/electoral-college-history-slavery/>

Avaaz is a 44-million-person global campaign network that works to ensure that the views and values of the world's people shape global decision-making. ("Avaaz" means "voice" or "song" in many languages.) Avaaz members live in every nation of the world; our team is spread across 18 countries on 6 continents and operates in 17 languages. Learn about some of Avaaz's biggest campaigns here <https://www.avaaz.org/page/en/highlights/>, or follow us on Facebook or Twitter.

You became a member of the Avaaz movement and started receiving these emails when you signed "Community Petitions Site" on 2016-09-05 using the email address mail@interlinked.x10host.com.

To ensure that Avaaz messages reach your inbox, please add avaaz@avaaz.org to your address book. To change your email address, language settings, or other personal information, contact us, or simply go here to unsubscribe.

To contact Avaaz, please do not reply to this email. Instead, write to us at www.avaaz.org/en/contact or call us at +1-888-922-8229 (US).

Self-Driving Cars – Please make phone calls

From: Angela T.
To:
Sent: Monday, November 14, 2016
Subject: Self-Driving Cars – Please make phone calls

Hi Everyone,

Sorry for the late notice.
I just now found out about this.
Please see email from Rola below.

Kevin Mottus (CA Brain Tumor Assn) will be visiting congressmen TOMORROW regarding self-driving cars – the plan right now for self-driving cars is to use radar and 5G cell towers. This means that when you drive down the street near self-driving cars you will be bombarded with radar from these vehicles.

Please see attachment for emails and phone numbers to contact – if you can, please make calls and send out emails today.

Thanks
Angela

From: Rola
Date: Mon, Nov 14, 2016
Subject: Angela – Kevin Needs Your Help Today
To: Angela T.

Hi Angela,

I hope all is well with you. We need your help today.

Tomorrow there will be a hearing in the House Energy and Commerce Committee to review Self-Driving Cars. Kevin will be visiting these congressmen to educate them about the harm of wireless technology in self-driving cars. He needs our help to pave the way for him. We need to call all these congressmen today, tell them our story and any information we can share (studies, resolutions etc.) that lets them know this is a bad idea.

Below is the information I sent Kevin. The attachment has all the Reps phone numbers and staff emails. (Sorry for long document with all the Bios it's just the info that Kevin needs when talking to these people)

Let me know if you have any questions.
Rola

Forwarded Message:

See attached members information and bios for the House Subcommittee on Commerce, Manufacturing and Trade (Within the Energy and Commerce Committee). (Not included.)

This Subcommittee is putting on the "Disrupter Series" which introduces all the technologies like internet of things, driverless cars and legislation that will streamline their passage.

The next Disrupter Series is on Driverless Cars: Meeting 11/15 10:30AM 2322 Rayburn
<http://docs.house.gov/meetings/IF/IF17/20161115/105416/HHRG-114-IF17-20161115-SD001.pdf>

These members need to know that all this technology has a downside.

I called the subcommittee to ask how to do public comment – they said all comments have to go through subcommittee members.

VICTORY! Cell tower defeated in Wisconsin, and my comments to the newspaper were published today!

From: InterLinked CEO <wirelessaction@outlook.com>
To: Joshua Hart <joshuahart@baymoon.com>; Isis
Cc: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;
"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>
Sent: Wednesday, November 16, 2016
Subject: [savelandlines] VICTORY! Cell tower defeated in Wisconsin, and my comments to the newspaper were published today!

About a week ago, I read an article in our local newspaper about a cell-tower that had been proposed near a church here in town. They ultimately decided against it (the right choice). I wrote to the newspaper's Sound-Off line, and my comments were published in today's edition in the newspaper!

I have attached the PDFs of the newspaper from 11/10 and 11/16 (today) so you can read the article about the cell tower and then read my Sound-Off letter to the editor regarding this tower. I highly doubted my comments would actually be published so I didn't make the best statement. But hey, every bit counts! Countless people will read my letter in the newspaper today and perhaps some will be captivated by my message. I also handed out over 600 flyers over the weekend. I only got 2 survey responses, but that means at least 2 more people are now aware of what's going on,

It's the little steps like this that counts! We can't change the world if we can't first change our communities!

Naveen Albert
CEO, InterLinked Project - www.interlinked.x10host.com
Director, Wireless Action - Your Health, Safety, and Privacy are at stake!
Member, Save Landlines & Stop Smart Meters Coalitions - www.savelandlines.org ; www.stopsmartmeters.org
Cell phones, cordless phones, and Wi-Fi have been linked to cancer and other negative health effects. Learn more, sign petitions, and take the survey at <https://wirelessaction.wordpress.com/>
"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"
"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

This message was sent safely and securely over an Ethernet cable.

Church members change minds, reject cell tower

Commission tables U.S. Cellular application

By Chris Bucher
Freeman Staff

WAUKESHA — An emotional plea was made by residents regarding a proposed 106-foot cellphone tower and a surprise change of heart was disclosed by a church lay leader in relation to the plan at a Plan Commission meeting Wednesday.

Ultimately, the application for a conditional use permit for the project was tabled for future discussion by a unanimous vote, 5-0.

Need for new tower

U.S. Cellular entered the meeting seeking a conditional use permit for the construction of a cellphone tower on the property of El Buen Samaritano United Methodist Church at 915 Magnolia Drive.

The need for the new tower comes as U.S. Cellular's lease agreement for an existing tower with Waukesha County on the Expo Center grounds is set to expire Oct. 31, 2017. Because of differentiating requirements on the county's behalf for a new lease, U.S. Cellular searched elsewhere to place the tower, and it found an interested suitor in the Methodist church.

Turn of events

But as the public comment section of the meeting continued toward an hour, Wisconsin Conference United Methodist Church South East District Lay Leader Imelda Roman came to the microphone and said the church members have changed their minds.

"I wanted to let my neighbors know that we have considered everything that they discussed and we had a council meeting on Oct. 9 at 1:30 in the afternoon where we decided that we did not want this tower in our back yard, either," Roman said. "We called already (U.S. Cellular) and through the pastor, he's the person who called, what he got out of the response was that she needed to contact U.S. Cellular and that she would contact him back, and we haven't heard from them."

"I want to let my neighbors know we are listening and we are considering everything. I am not going to have dissension with my neighbors over a structure and over some money."

Renewing a lease

The company and the church had previously entered a lease agreement which would cost U.S. Cellular one-third of the amount it currently pays to have its tower on county grounds, a document filed to the commission Oct. 25 stated.

However, due to an updated affidavit being unavailable to the commission at the meeting and additional time desired to speak with the parties involved about the new developments, the proposal for the permit was shelved. It will remain that way until U.S. Cellular comes back with the updated document, which must be submitted within 90 days.

In line with Act 20, passed by the Wisconsin Legislature in 2013 with the state budget, local governments cannot deny wireless tower permits solely for aesthetic purposes. They also cannot limit the height of towers to under 200 feet or require structures to be located on public property.

Regardless of the limitation, 10 members of the public who live next to or nearby the location spoke before the commission about their major concerns with the tower. Those worries included health issues due to potential radiation emitted from the tower, loss of property value to surrounding homes, alleged lack of communication by U.S. Cellular and increased difficulties to families and wildlife.

“As Ald. (Joe) Pieper pointed out, he’s working with our legislators to work on getting this changed, but I don’t think it’s going to happen in time.” District 16 County Supervisor Michael Crowley, who lives on nearby Delafield Street, said. “And if this means that we have to resort to getting an attorney involved in this fight ... this is ridiculous that a cell tower would even be considered or proposed at a park-like setting in an established neighborhood that’s going to significantly lower home values.”

Cellphone tower

I read your article from Chris Bucher in the Freeman (Thursday). I was very happy with the decision the church members made. I am an activist, and a public health advocate; I am a member of the California-based Stop Smart Meters! and Save Landlines coalitions, and spend much of my time volunteering for safe technology utilization. I sent in a comment to The Freeman a while ago about how landlines are essential for our safety, privacy, and health. Cell towers, or base stations, are extremely dangerous sources of concentrated microwave radiation.

While the health implications may be deemed “debatable” by corporate CEOs and industry and utility companies, there is no shortage of evidence to prove that non-ionizing radiation can be dangerous, particularly microwave and radio frequency radiation which is heavily utilized by wireless technologies, such as cellular phones, cellular towers, Wi-Fi, Bluetooth, and ‘smart’ meters. Children who start using cellphones before the age of 20 are five times more likely to develop malignant brain tumors at some point in their life. Installing additional towers in the vicinity of people’s homes is an assault on their quality of life, and detracts from the value of the nearby communities.

While your article was about cell towers, remember that cell towers are only necessary as long as there are cellphone users. It is when, not if, people wake up and realize the dangers of these technologies, that real progress will be made towards building a sustainable future America.

— Naveen Albert, Waukesha

From: Isis

Sent: Thursday, November 17, 2016

Subject: Re: [savelandlines] [stopsmartmeters] VICTORY! Cell tower defeated in Wisconsin, and my comments to the newspaper were published today!

Congratulations, Naveen!

I thought your statement was great, especially the reminder that cell towers aren't separate from people's personal cellphone use. I think it's good to let people know that sometimes, because they seem to believe that there's a tiny genie in those gadgets, who makes it all magically work.

I've spoken at a number of events where I pointed out that each call from every cellphone in the room impacts people who live in the neighborhoods where the antennas are located that are used to transmit their call. Some people really resent it, and refuse to even look at me after, but others appreciate it and seek me out to thank me and talk more.

Isis

From: Juty

Sent: Thursday, November 17, 2016

Subject: Re: [savelandlines] [stopsmartmeters] VICTORY! Cell tower defeated in Wisconsin, and my comments to the newspaper were published today!

When I am in city and cell areas I feel much worse.

When I am in Mendocino County, with little to no cell service I can think more clearly, just feel better and have concentrated thought patterns.

I go back and forth a lot looking for MCS safe housing, and it's something that is very noticeable, my health is 100% better when I am not around cell phones, gadgets and towers.

I think a lot of people are becoming ill from them, but they don't realize it unless they actually get away from it for a good block of time.

Once I start getting back to the city life I get worse in all aspects.

When I am out of range with no towers my mind is much clearer and my MCS symptoms start to disappear a bit, so there is a strong connection between the 2.

If this means I have to live on the fringe I am fine with that, I just want to be well again.

From: InterLinked CEO <wirelessaction@outlook.com>

Cc: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;

"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Wednesday, November 23, 2016

Subject: Re: [savelandlines] VICTORY! Cell tower defeated in Wisconsin, and my comments to the newspaper were published today!

I don't read the newspaper every single day... and I've had a newspaper on my desk I've been meaning to read for a couple weeks and I finally read it today,

Turns it, somebody else ALSO wrote into the newspaper about cell towers!

They weren't commenting specifically about health concerns, but I've attached the comment from that day so you can read it. This comment was in the Nov. 12th edition,

I went online to download a copy and also checked all the newspaper since the article appeared to make sure I didn't miss any other editorials someone may have written... no more (most were about the election),

So apart from the article and my comment I sent out last week, this is the only other comment that was published regarding the cell tower,

Naveen

Cell tower

I'd like to comment about Thursday's front-page article, "Church members change minds, reject cell tower." I really feel the neighbors owe that church a big thanks for caring about their neighborhood. As a gesture of kindness and appreciation, even for people who are not a member of the El Buen Samaritano United Methodist Church, it would be nice of them to ask the church if there is any kind of contribution they may need for things they are working on, whether it be money or it be volunteer help, because, obviously the church people are probably looking at the tower like for anyone else, they wanted extra rental money of some kind for the property. I think that the church deserves a show of support from the neighbors.

— Rick Loeffler, Waukesha

From: Joshua

To: InterLinked CEO <wirelessaction@outlook.com>

Cc: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;

"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Wednesday, November 23, 2016

Subject: Re: [savelandlines] [stopsmartmeters] VICTORY! Cell tower defeated in Wisconsin, and my comments to the newspaper were published today!

That's a little like the opt out fee for smart meters – now we are expected to make donations to a church for not radiating its neighborhood for money. Gee – thanks for behaving like sane human beings ;)

J

***Big Pharma Conspiracy* 8 Doctors murdered in last few months...**

From: Natural Solutions Foundation <dr.laibow@gmail@ovpmail.com>

To: Gary Vesperman <garyvesperman@yahoo.com>

Sent: Wednesday, November 16, 2016

Subject: ***Big Pharma Conspiracy* 8 Doctors murdered in last few months...**

"Coincidence? Conspiracy?"-- Dr. Rima

Dear Natural Solutions Foundation Supporter,

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Dear Reader,

Dr. Ronald Schwartz, M.D., was found shot to death in his Jupiter Farms, Florida home, on Sunday, July 19th, 2015. Schwartz's murder comes in the wake of a slew of curious deaths that began on June 19, with the death of Dr. Jeff Bradstreet. Bradstreet, a renowned autism researcher from Florida, then practicing in Georgia, was found with a gunshot wound to his chest. Authorities almost immediately ruled his death a suicide, but his family suspects foul play.

Then came the death of Dr. Bruce Hedendal, the same day as the unexpected death of Dr. Baron Holt, 33, while on a trip to Jacksonville, Florida.

Only a few weeks ago, Dr. Teresa Seivers, a renowned and respected doctor known as the "Mother Teresa of South Florida," was found savagely murdered with a hammer in her home on June 29. Then on July 1, Lisa Riley, D.O., 34, was found murdered in her residence, in Lee County, Georgia, with a gunshot wound to the head.

Do you think these deaths are simply a strange coincidence or that perhaps something more sinister is transpiring?

More details disclosed here:

http://www.nutrio2.com/go/index.php?trans=102e8d4c1b1f552cf95e8afaac6762&aff_sub1=solo&aff_sub2=no v2016&aff_sub3=nm-hfusa-art1vsl-16nov16&aff_sub4=&aff_sub5=

Has big pharma gone too far this time?

What were they trying to cover up?

Is this the secret that they don't want people to learn about?

Were controversial cures the reason behind the deaths and disappearances of these natural health doctors?

It's a fact. The big pharmaceutical companies reap billions of dollars every year from expensive medications that they sell. Here are some profits these big companies made in 2014:

Novartis - \$47.1 billion

Pfizer - \$45.7 billion

Merck & Co - \$36 billion

Johnson & Johnson - \$32.3 billion

GlaxoSmithKline - \$29.5 billion

It's highly likely your medicine comes from either one of these big companies.

Think about it for a second...

There is no money in finding a real cheap cure to any illness. They don't get to reap the benefits and recoup on their research investment.

These doctors didn't have to die for nothing.

Click here to learn what they might have been wanting to share with you.

http://www.nutrio2.com/go/index.php?trans=102e8d4c1b1f552cf95e8afaac6762&aff_sub1=solo&aff_sub2=no v2016&aff_sub3=nm-hfusa-art1vsl-16nov16&aff_sub4=&aff_sub5=

To your good health,

Kevin Richardson

If you no longer wish to receive this offer, please write to:
616 Corporate Way | Suite 2-4665
Valley Cottage NY 10989

The Natural Solutions Foundation does not necessarily endorse every product and piece of information that appears in these dedicated emails, but we seek to counter the FDA and FTC's attempts to censor health information by bringing as much information to you as we find reasonably credible. We have a great deal more faith in you than the FDA does. In this way, we assert all of our Expressive Association rights with regard to information about health and food.

We respect your right to privacy. View our policy.

dr.laibow@gmail.com

Natural Solutions Foundation

58 Plotts Road Newton, NJ. 07860

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Suppression of Research and Reports of Harmful Medical and Biological Effects of Wireless Radiation

The above report of vicious murders of medical researchers reinforces the appearance of a pattern of suppression of supposed cures for cancer and other diseases by financially strong but morally weak corporations.

The tobacco companies for decades suppressed research and reports of medical harm from smoking.

Monsanto and other chemical companies for decades have suppressed research and reports of medical and biological harm from toxic pesticides, herbicides and chemicals.

Bud T. J. Johnson has compiled numerous reports of suppression of technological innovations that would be of significant economic, environmental, medical and other benefits but would also threaten the profits of established large companies. A preview of his book "Are You a Mushroom? Have they been feeding you B.S. and keeping you in the dark?" is linked at

<https://books.google.com/books?id=oHxEibwm2UMC&pg=PA19&lpg=PA19&dq=gary+vesperman&source=bl&ots=cjl8BdcKtS&sig=sa4sYm-6YvZmcINs9XTc1QFaaCI&hl=en&sa=X&ved=0ahUKEwiUjqekvPHQAhVC7WMKHSLxC-s4FBD0AQhBMak#v=onepage&q=gary%20vesperman&f=false>

Amazon.com has copies for sale.

Johnson included in the aforementioned preview of his book excerpts of my 40-page compilation of cases of suppression of energy inventions that I had posted online in June 2006. For links see for example <http://www.rense.com/general72/oinvent.htm> and <http://criticalunity.org/news/energy/283-history-of-new-energy-invention-suppression-cases.html>.

On the night of July 3, 2006 my car was torched by a firecracker that was thrown on the driver's seat. I hadn't locked the car. It may have been in retaliation for my suppression book.

I got mad and expanded the compilation to 95 cases of suppression of energy inventions that threaten the fossil fuel and nuclear power companies. For link see my websites padrak.com/vesperman and commutefaster.com/vesperman.html. That was published around Labor Day 2007.

Three weeks later my roommate and I discovered that our house in Henderson, Nevada had been thoroughly bugged with a high-quality audio surveillance system. Even all four corners of the back yards were bugged. Only the garage hadn't been bugged. So whenever the roommate I had at the time and I were going to have a sensitive conversation we would take his dog for a walk a few blocks away from the house.

We figured out later that fall that it probably was Global Intelligence that installed the bugs and possibly also had firebombed my car. They used to have an office on Green Valley Parkway less than a mile from our house.

At that time one of their officers was Robert Maheu who is famous for assisting Howard Hughes with his purchases of several large hotel/casinos on the Strip in Las Vegas. Mr. Maheu also had close ties to the very top people running giant Middle Eastern oil companies.

I didn't like living with Big Brother!!!

For the full story see pages 59-62 of "Radioactivity Neutralization Methods" in padrak.com/vesperman and commutefaster.com/vesperman.html.

Arden and I haven't seen any signs that our house in Boulder City has been bugged.

Gary Vesperman

The following excerpts were copied from Gary Vesperman's EMF Hazards Book 4 which is linked at commutefaster.com/vesperman.html:

An Exposé of the FCC: An Agency Captured by the Industries it Regulates
<http://www.saferemr.com/2015/06/an-expose-of-fcc-agency-captured-by.html>

(End of excerpt)

In 2000, European communications giant T-Mobile commissioned the German ECOLOG Institute to review all available scientific evidence in regard to health risks for wireless telecommunications. ECOLOG found over 220 peer-reviewed, published papers documenting the cancer-initiating and cancer-promoting effects of the high-frequency radiation employed by wireless technology.³ Many corroborating studies have been published since.

³ "Mobile Telecommunications and Health – Summary of the ECOLOG study for T-Mobile, 2000," Find this summary at www.hese-project.org.

By 2004, 12 research groups from seven European countries cooperating in the REFLEX study project confirmed that microwaves from wireless communications devices cause significant single and double strand DNA breaks in both human and animal cells under laboratory conditions.⁴ In 2005, a Chinese medical study confirmed statistically significant DNA damage from pulsed microwaves at cell phone levels.⁵ That same year, University of Chicago researchers described how pulsed communications microwaves alter gene expression in human cells at non-thermal exposure levels.⁶

Because gamma waves and RF/microwave radiation are identically carcinogenic and genotoxic to the cellular roots of life, the safe dose of either kind of radiation is zero. No study has proven that any level of exposure from cell-damaging radiation is safe for humans. Dr. Carlo confirms that cell damage is not dose dependent because any exposure level can trigger damage response by cell mechanisms.⁷

Officials at the U.S. Food and Drug Administration and the National Institutes of Health closely reviewed the damning results of WTR studies, which also revealed microwave damage to the blood brain barrier, but have chosen to downplay, obfuscate and even deny the irrepressible science of the day. Raking in \$billions from selling spectrum licenses, the feds have allowed the telecom industry to unleash demonstrably dangerous technology which induces millions of people to become brain-intimate with improperly tested wireless devices⁸ and which saturates the nation with carcinogenic waves to service those devices. Dr. Carlo says that even the American Cancer Society is in bed with the communications industry, which infuses the Society with substantial contributions.⁹

(End of excerpt)

Regulators asleep at the wheel

The Federal Communications Commission (FCC), the single agency with authority to regulate the communications industry, has neither money, manpower nor motive to properly monitor radiation output from hundreds of thousands of commercial wireless installations spewing carcinogenic waves across the nation. The FCC admits that physical testing to verify compliance with emissions guidelines is relatively rare.

Critics say that FCC appointees, with virtually no medical or public health expertise, represent an old-boy network and a cheering squad for the telecommunications and broadcast industries. The Center for Public Integrity found that FCC officials have been bribed by the industries with such perks as expensive trips to Las Vegas.¹⁰

(End of excerpt)

⁴ "Cell Phone Radiation Harms DNA, Study Claims," (Reuters) MSNBC, 12-04-04. Also "Mobile Phone Radiation Harms DNA," R. Moss, CPR News Bureau, 10-16-06.

⁵ "RF-Induced DNA Breaks Reported in China," Microwave News, 09-29-05. This report comes from the Zhejiang University School of Medicine.

⁶ "2.45 GHz radiofrequency fields alter gene expression in cultured human cells," Lee S et al, Department of Medicine, University of Chicago, PubMed 16107253.

⁷ "Health Social Services and Housing Sub-Panel Telephone Mast Review," a public discussion by Dr. George Carlo, 2-26-07. Find this excellent dissertation at www.safewireless.org.

⁸ Few Americans know that cell phones have never been safety tested thanks to the FDA, which exempted cell phones from pre-market testing based on a "low power exclusion" rule.

⁹ "The American Cancer Society is Misleading the Public," Dr. George Carlo, 8-5-07. Find this statement at www.buergerwelle.com.

¹⁰ "FCC Lives Large off Lobbyist Bribes," Capitol Hill Blue, 05-22-03, capitolhillblue.com.

Hiding data

During the Cold War, a group at Brooks Air Force Base (AFB) was tasked with reassuring residents when the Air Force wanted to install radar (microwaves) in their neighborhood. To meet that responsibility, the Brooks group hired contractors to write Environmental Impact Statements to justify the placing of the radars – an obvious conflict of interest. Even worse, when a scientist did publish findings that might indicate a risk, Brooks selected contractors to do experiments that suggested the scientist's research was invalid or not relevant to the safety of Air Force radar.

For example, after my colleagues and I published

<http://onlinelibrary.wiley.com/doi/10.1111/j.1749-6632.1975.tb36019.x/abstract> in 1975 that exposure to very weak microwave radiation opens the regulatory interface known as the blood brain barrier (bbb), a critical protection for the brain, the Brooks AFB group selected a contractor to supposedly replicate our experiment. For 2 years, this contractor presented data at scientific conferences stating that microwave radiation had no effect on the bbb. After much pressure from the scientific community, he finally revealed that he had not, in fact, replicated our work. We had injected dye into the femoral vein of lab rats after exposure to microwaves and observed the dye in the brain within 5 minutes. The Brooks contractor had stuck a needle into the animals' bellies and sprayed the dye onto their intestines. Thus it is no surprise that when he looked at the brain 5 minutes later, he did not see any dye; the dye had yet to make it into the circulatory system.

Another Brooks AFB responsibility that further incentivized the spreading of misinformation was to lead a lab on a classified microwave-bio weapons program. Competition between this effort and the microwave-bio research programs undoubtedly going on in other nations at the time would explain the Brooks group's attempts to block and discredit unclassified research in the microwave area and the subsequent publication of the results: it did not want advances in knowledge to appear in the scientific literature where the USSR could benefit from it. This is not unlike the recent uproar

<http://www.the-scientist.com/?articles.view/articleNo/31876/title/Deliberating-Over-Danger/> over whether bird flu results should be published – or even done at all – because of the fear that they may help terrorists develop biological weapons.

Stalling funding

In addition to actively suppressing results of microwave-bio research, the Brooks group also attempted to block funding for such research in the first place – and largely succeeded. For example, after we and others published the first papers in the mid- to late-'70s showing that very low intensity microwaves could open the bbb, the Department of Defense (DOD) issued a report, written by a psychologist at a Kansas Veterans Administration hospital who was neither trained nor experienced in research on the bbb, that concluded "...if a real potential for catastrophic effects exists, it would be evident from the research already reported in the literature." (An original draft of the report also noted that "DOD funding of research evaluating the effects of microwaves on the bbb should be of low priority," though this statement was removed before the report was released to the public.)

Largely as a consequence of this report, funding for open microwave-bio research in the United States was essentially shut down. Several months after the report was released, I requested renewal of government funding, which in part supported research on the bbb. I received a letter stating that funding would not be granted unless I dropped the bbb part of the proposal. And in a September 1981 article in Microwave News, <http://microwavenews.com/news/backissues/sep81issue.pdf> 2 years later, the editor wrote, "Surprisingly, no new [bbb] work was reported this year."

Even now, the recent GAO report states, the National Institutes of Health (NIH) “is the only federal agency we interviewed that is directly funding ongoing studies on health effects of RF energy (microwave radiation) from mobile phone use.” And the NIH funded only one relevant completed experiment, by an in-house researcher, during the time the GAO did its assessment. For many years now most of the published microwave research – what little that has been done – has been conducted in other countries. And as I noted in a recent paper, <http://www.bmj.com/rapid-response/2011/11/08/safety-cell-phone-radiation> many, if not most, of those have been epidemiological studies looking for health problems associated with outdated technologies that are not relevant to the phones used today or that will be used in the future.

Thus, the shutdown of normal open microwave research in the U.S. and the misinformation placed in the literature appears to be collateral damage of the actions of people who saw themselves as fighting a war. And since the research was not allowed to proceed in the normal fashion, we don’t have the set of data needed to determine if there is a health hazard of mobile phone use – and, if so, how serious the hazard is. This suppression of research has now made hundreds of millions of people subjects in a grand experiment that may involve their health, without their informed consent, and the outcome of which can have substantial medical, legal, and economic consequences.

Allan H. Frey (allan@freys.us) is a semi-retired scientist in Potomac, Maryland, who was Technical Director of Randomline, Inc., a consulting and research firm. Read about more unsavory actions that I and others have observed in my chapter of bioethicist Nicholas Steneck’s *Risk Benefit Analysis: The Microwave Case*. <https://www.amazon.com/Risk-Benefit-Analysis-Microwave-Case/dp/0911302441>

Source: <http://www.the-scientist.com/?articles.view/articleNo/32648/title/Opinion--Cell-Phone-Health-Risk-/>

(End of excerpt)

Frey says his work on radar microwaves and the blood-brain barrier soon came under assault from the government. Scientists hired and funded by the Pentagon claimed they'd failed to replicate his findings, yet they also refused to share the data or methodology behind their research ("a most unusual action in science," Frey wrote at the time). For more than fifteen years, Frey had received almost unrestricted funding from the Office of Naval Research. Now he was told to conceal his blood-brain-barrier work or his contract would be canceled.

Since then, no meaningful research into the effect of microwaves on the blood-brain barrier has been pursued in the United States. But a Swedish neurosurgeon, Leif Salford, recently expanded on Frey's work, confirming much of what Frey revealed decades ago. Salford found that microwave exposure killed rodents' brain cells and stimulated neurons associated with Alzheimer's. . "A rat's brain is very much the same as a human's," he said in a 2003 interview with the BBC. "They have the same blood-brain barrier and neurons. We have good reason to believe that what happens in rats' brains also happens in humans." His research, he said, suggests that "a whole generation of [cell-phone] users may suffer negative effects in middle age."

The potential complications don't end there. In the mid-1990s, a biophysicist at the University of Washington named Henry Lai began to make profound discoveries about the effects of such frequencies not only on the blood-brain barrier but also on the actual structure of rat DNA. Lai found that modulated EM radiation could cause breaks in DNA strands – breaks that could then lead to genetic damage and mutations that would be passed on for generations. What surprised Lai was that the damage was accomplished in a single two-hour exposure.

"This was explosive news," Slesin said. "The reason it was so important was at the time you had all these allegations of brain tumors and cell phones being connected" – specifically the 1992 lawsuit brought by a Florida man, David Reynard, against a number of companies that manufactured phones and provided cell

service, following the death of his wife from a brain tumor. "If you can break up DNA with cell-phone radiation, suddenly it's not such a stretch to think of brain tumors developing from this radiation."

Galvanized by the Reynard case, Motorola frantically mobilized to reassure its investors. Then, in 1994, the company went on the attack to discredit Lai, issuing a memo, later obtained by Slesin, stating it had "war-gamed" Lai's work. "We do not believe that Motorola should put anyone on-camera," the memo said. "We must limit our corporate visibility." It further stated that the "key question" was whether "this experiment [can] be replicated."

The cell-phone industry funds lots of risk studies, and many of them show no effect from cell-phone-related radiation. The industry pointed to those favorable studies when countering Lai's DNA findings. (In 2004, it should be pointed out, a European Union-funded study carried out by twelve research groups in seven countries found evidence of genotoxic effects resulting from cell-phone radiation – the same kind of DNA damage that Henry Lai uncovered in the 1990s.) But when Jerry Phillips, a scientist with the Veterans Administration whose work was funded by Motorola, replicated Lai's findings, the company put him under so much pressure not to publish that Phillips abruptly quit microwave research altogether.

Industry-funded studies seem to reflect the result of corporate strong-arming. Lai reviewed 350 studies and found that about half showed bioeffects from EM radiation emitted by cell phones. But when he took into consideration the funding sources for those 350 studies, the results changed dramatically. Only 25 percent of the studies paid for by the industry showed effects, compared with 75 percent of those studies that were independently funded.

The cell-phone industry has managed to exert its influence in other ways, too. In the United States, the organization most influential in the government's setting of standards for microwave exposure is the Institute of Electrical and Electronics Engineers (IEEE), which bills itself as "a leading authority on areas ranging from aerospace systems, computers, and telecommunications to biomedical engineering, electric power, and consumer electronics." According to Slesin, "The committees setting the EM safety levels at the IEEE historically have been dominated by representatives from the military, companies like Raytheon and GE, the telecom companies, and now the cell-phone industry. It is basically a Trojan horse for the private sector to dictate public policy." The IEEE's 'safe limits' for microwave exposure are considerably higher than what they should be, says Allan Frey, who was a member of the organization in the '70s. "When it comes to this matter, the IEEE is a charade," Frey told me.

There have been attempts over the years to set exposure limits based on something other than industry and military preference. In the '70s and '80s, the Environmental Protection Agency was foremost in this effort. But with Ronald Reagan in office, antiregulatory sentiment crested and the EPA's research and standards programs were gutted.

Among the EPA's most talented bioelectromagnetics experts at the time was Carl Blackman, who has worked at the agency since its inception in 1970. Blackman's research at the EPA would advance much of what Allan Frey and others had discovered: The effects from EM fields were many and troubling, though far from fully understood. In 1986 the EPA killed Blackman's research entirely. Carl Blackman believes "a decision was made to stop the civilian agencies from looking too deeply into the nonthermal health effects from exposure to EM fields. Scientists who have shown such effects over the years have been silenced, had funding taken away, been laughed at, been called charlatans and con men. The goal was to only let in scientists who would say, 'We know that microwave ovens can cook meat, and that's all we need to know.'" One veteran EPA physicist, speaking anonymously, told me, "The Department of Defense didn't like our research because the exposure limits that we might recommend would curtail their activities."

Industry influence appears to have permeated even the purest international watchdogs, such as the World Health Organization. Slesin unearthed a hoard of documents showing that hundreds of thousands of dollars from the cell-phone industry was doled out to WHO personnel working on wireless health effects. Some of the heaviest pressure falls on the Federal Communications Commission, for obvious reasons. In 2005 the specially appointed thirty-member Technological Advisory Council to the FCC sought to look into EM effects on human beings. According to one member of the TAC who spoke anonymously, officials at the FCC "told us we couldn't talk about that. They would not give us any reason. The FCC people were embarrassed and terrified."

If all this sounds like some abandoned X-Files script, consider the history of suppression of evidence in the major issues of consumer health over the past half century. Big Tobacco hid the dangers of smoking and the addictiveness of nicotine, supporting its position with countless deceptive studies. Asbestos manufacturers hid evidence that the mineral was dangerous even as tens of thousands of workers died from exposure; the makers of DDT and Agent Orange stood behind their products even as it became clear that the herbicides caused cancer. That the cell-phone industry, which last year posted revenues in the hundreds of billions of dollars, has an incentive to shut down research showing the dangers of cell-phone use is not a radical notion.

(End of excerpt)

1) Video on 5G by Josh Del Sol: The FCC's press intimidation, suppression of science, and rubber stamping of 5G rollout

<https://www.youtube.com/watch?v=OMxfffqyDtc>

5:25 – FCC Chairman Tom Wheeler says if something can be connected, it will be. Billions of microchips in products, in everything including pill bottles and plant waters will have RF chips to be connected to 5G.

Reason: tens of billions of dollars in economic activity

6:46 – Bloomberg reporter questions Tom Wheeler why his press badge was confiscated when he talked to others at the press conference who attended to express their concerns about 5G radiation

8:30 – Kevin Mottus, former California Congressional candidate asks Tom Wheeler about the US government NTP study of cell phone radiation (below thermal levels) causing cancer in rats and Tom Wheeler ignores the question

(End of excerpt)

33:14 – statements from Annual reports of Verizon, AT&T, Vodafone, China Mobile, General Communication, American Tower, Crown Castle, Telefonica, Microsoft, T-Mobile, Nokia, from 2014/5 to investors regarding HUGE anticipated settlements from lawsuits involving injuries caused by wireless devices. (Most of these companies are self-insured and do NOT carry liability insurance, meaning if they lose the lawsuits they will have to pay) Also statements by Swiss Re (reinsurer), Lloyd's of London (reinsurer) and other insurance companies around the world specifically stating they will NOT cover injuries caused by electromagnetic fields.

37:56 – Schools bringing Google Virtual Reality into the classroom need to sign a waiver absolving them from any liability in case of personal injury or death, and the maximum liability is \$1,000 (My comment: A company would not have a school sign a waiver absolving them of death or injury unless there was a risk of injury or death. I just saw this waiver for the first time and I am outraged that a school would sign such a waiver – are parents asked for their permission to sign this waiver since it's their kids that would suffer the injury or death? And the maximum liability is only \$1000? Google Virtual Reality uses a device that is essentially a smart phone held a couple inches from the eyes)

(End of excerpt)

Even though cell phone instructions say use a hands-free device and do not carry next to the body, the US government (FCC) does not publicize this information nor mandates advertising to demonstrate this, leaving most people unaware of potential hazards, unwittingly allowing their young children to play with them like toys.

(End of excerpt)

Unfortunately, big industry has paid off the scientists, bought the lawmakers, and ruled the proliferation of microwaves and other phenomena as “safe.” A powerful group of people have infiltrated these organizations along with most international health agencies.

“The medical profession is being bought by the pharmaceutical industry, not only in terms of the practice of medicine, but also in terms of teaching and research. The academic institutions of this country are allowing themselves to be the paid agents of the pharmaceutical industry. I think it’s disgraceful.” – Arnold Seymour Relman (1923-2014), Harvard Professor of Medicine and Former Editor-in-Chief of the New England Medical Journal

(End of excerpt)

Below is a video of Dr. Devra Davis, one of the most well-respected and credentialed researchers on the dangers of cellphones:

“[A] cellphone is a two-way microwave radio...Industry has fought successfully to use the phrase ‘radiofrequency energy’ instead of microwave radiation. Because they know radiofrequency energy sounds fine.

(End of excerpt)

From: Ove Johnsson <>
To: 'Karl Guenther' <>; 'Gary Vesperman' <garyvesperman@yahoo.com>
Sent: Friday, September 23, 2016
Subject: WiFi radion Sickness

Yes, I’m very familiar with electromagnetic hypersensitivity (EHS).

Some 12 years ago I collaborated with a female journalist who was crusading against the growing microwave radiation we get exposed to. She wrote at least 2 books, debated on Swedish television and was subjected to angry reactions from the powerful Swedish electronics industry, especially the phone companies.

I helped her by doing lot of research.

As I recall, the main rebuttals from the electronics industry were:

- 1) Only some 10% of humans noted symptoms. Why not all of us?
- 2) The 3G radiation (which was more prevalent than Wi-Fi at the time) was less than the background radiation in the same frequency range, radiation that we are adapted to.
- 3) In the tests performed by researchers (paid by the electronics industry) no conclusive evidence for bad effects in humans were found.

The answers to questions 2 and 3, I found, was that:

- 2) The natural background radiation is un-modulated, whereas 3G (and of course Wi-Fi) carry information, modulated in a pattern that resembles the human body's own communication pattern
- 3) The tests were (of course) rigged, often by using un-modulated radiation, and test reports were sometimes doctored to show desired results.

What I never quite understood, though, was why humans are so very individually affected.

(End of excerpt)

5G signal will be more complex than 4G and Wi-Fi because of its faster speeds (up to 200X faster than 4G) and the higher information content of the signal. It will be used for virtual reality, self-driving cars, smart networking all household appliances, microchip communication with your "pill bottles and plant waters" (per FCC Chairman Tom Wheeler) <http://fortune.com/2016/09/20/t-mobile-5g-vr-rock-concert/> 5G is being called "super Wi-Fi".

While all this technology is dazzling, there has been NO consideration given to health effects by the FCC or the Obama administration, which has decided to spend \$400 million (your tax money!) to fund large-scale tests in 4 cities. <http://fortune.com/2016/07/15/obama-wireless-5g/>

These 4 cities will be decided by open competition and testing will begin in 2017
<https://www.whitehouse.gov/the-press-office/2016/07/15/fact-sheet-administration-announces-advanced-wireless-research>

Shouldn't our government spend some money to test health effects of 5G before deployment?

If you have experienced skin problems with Wi-Fi or 4G, it will likely worsen with 5G because it's likely to affect our skin and neuronal cells in the upper layer of the skin.
<http://www.saferemr.com/2016/08/is-5g-cellular-technology-harmful-to.html>

So if you have never noticed symptoms before from Wi-Fi or 4G, you might experience them with 5G.

(End of excerpt)

4) Meet with your Senators and Congressman to discuss this 5G rollout – how no health studies have been done, but FCC decided to roll out anyway despite government NTP study released in May 2016 that showed a statistically significant increase in brain and heart cancer in rats exposed to cell phone radiation. Congress can overrule the FCC, because the FCC is a regulatory body created by Congress. This will only work if a LOT of people meet with their Congressman.

5) Publicize to your neighborhood about what is coming with 5G – happening next year, one 30ft tower per 12 homes, 300yd apart.

(End of excerpt)

If you didn't know, the World Health Organization – Int'l Agency for Research on Cancer (WHO-IARC), classified wireless radiation as a class 2B (possible) carcinogen in 2011, in the same category as lead. However the House Oversight Committee (led by Chaffetz) is now challenging WHO-IARC on their classification of substances as carcinogens, like wireless radiation as a class 2B carcinogen and glyphosate (round-up) as class 2A probably carcinogenic and threatening to take away the funding they receive through the NIH (NIH has Hazards of Cell Phones, Wireless Devices, Etc – Book Five 50 December 21, 2016

given IARC a modest amount, about \$1.7 million per year, since 1992). The NTP, part of the NIH, conducted the \$25 million cell phone radiation study on rats that yielded a statistically significant increase in brain and heart cancers.

One of the industry groups complaining about IARC's classifications is the American Chemistry Council, who is also pushing EPA to keep asbestos legal

<http://www.huffingtonpost.com/entry/580542f5e4b021af347760bb?timestamp=1476812920060>.

Here's the Reuter's article on the House Oversight Committee questioning NIH. <http://reut.rs/2dAPexZ>

(End of excerpt)

Subject: Funding for the World Health Organization

Body:

To Whom It May Concern:

It has come to my attention that the government is currently considering discontinuing funding for the World Health Organization, because of their (correct) findings that cell phones can cause cancer. As a Chief of State, you are tasked with the ability to represent the people and make decisions that move our country forward. Keeping information secret from the public and cutting funding for organizations that aim to protect and serve the people is despicable and condemnable.

The Federal Communications Commission has done absolutely nothing to protect the people – our radiation limits are much too high – 60x higher than many European countries in fact. While studies have proven that biological effects in humans, sometimes severe, can begin at 3.4 microwatts/sq. meter, the limit in the US is one of the highest in the world – a whopping 600! Cutting funding for an agency that is trying to at least alert people to this conundrum is nothing short of assault on our quality of life. It is absolutely essential that funding for the World Health Organization continue – with more funding the WHO can more closely examine the science and conduct more studies to provide a more accurate statement to our country. It's time you think about the people, and not put greedy shareholders and profits before humanity and health,

With All Due Respect,

Disgusted citizen of the United States

(End of excerpt)

What we have seen is that most of these leaders have no clue that wireless radiation can cause health effects even though some of them and their staffers are getting sick. Having people call these offices makes Kevin's work easier as it shows that he's not the only one concerned about this issue.

Currently the House Oversight Committee is considering stopping funding of the World Health Organization that classified RF as a Class 2B carcinogen. Congress has already stopped funding EPA and FDA research of wireless health effects. The WHO is one of the last organizations left that is looking at radio frequency health effects, and now its funding is at jeopardy as well. We think Government should be increasing funding for this type of research and not limiting it considering the increase of diseases in our country.

(End of excerpt)

Though many studies have reported 'no significant effect', research by University of Washington biology professor Henry Lai, and others, reveals that wireless-industry funding http://www.mreengenharia.com.br/pathfisiology/Pathophysiology_2009_L_Morgan.pdf is far more likely to yield such findings.

"*Toujours ils créent doute*" ('they are forever creating doubt'), explains former Luxembourg Green MP Jean Huss, whose research on the wireless industry inspired the Council of Europe to call for many precautions <http://assembly.coe.int/nw/xml/XRef/Xref-XML2HTML-en.asp?fileid=17994&> (2011), including protection of warning scientists, and wired internet in schools.

(End of excerpt)

This drive to mine the electromagnetic spectrum come-what-may has echoes of fracking, and other headlong trends. In *Captured Agency* http://ethics.harvard.edu/files/center-for-ethics/files/capturedagency_alster.pdf, the Harvard ethics report on the FCC, and the wider wireless industry, Norm Alster exposes ruthless "*hardball tactics*", supported by "*armies of lawyers*", at expense to our health.

Microwaves, Science and Lies <https://vimeo.com/ondemand/17755> (2014), filmed by Jean Hêches across Europe, exposes similar patterns that are driving our pulsed radiation to risky levels. Western 'safety limits', based only on high levels that heat tissue, far exceed those of Russia http://archive.radiationresearch.org/conference/downloads/021235_grigoriev.pdf, China, and some other nations.

Professor Yuri Grigoriev <http://www.tesla.ru/english/SBIR/index.html>, long-serving chair of Russia's non-ionizing radiation protection body (RNCNIRP), warned the UK's Radiation Research Trust "*ionizing radiation is monitored...[but] levels of non-ionizing radiation are constantly increasing and ubiquitous: it is out of control ... Urgent action is needed*".

(End of excerpt)

Gestapo tactics are being used to silence criticism of 5G technology

At the July 14th press conference, Bloomberg News reporter Todd Shields had his press credentials confiscated by members of the FCC security force. His offense? He was in the act of speaking with safety advocates concerned about radiation, who wanted to show him a tee shirt symbolizing their concerns.

Shields openly confronted Wheeler during the press conference, relating how his credentials had been seized and asking for comment. Wheeler told Shields he could have his credentials back, but went on, unbelievably, to remind him that everyone who came to the press conference had a duty to "behave responsibly." (in other words, follow orders or get out)

Who is behaving "responsibly" here – the FCC chair who is shamelessly pushing 5G, or the activists who are trying to hold him accountable? This video (below) says it all – judge for yourself: {Share the news}

Proof of harm

Remember – things that the government once tested and considered "safe" include such toxic horrors as thalilomide, smoking, asbestos, lead paint, and Agent Orange. Can we really trust these so-called government 'health' agencies?

Consider this: A \$25m government study by the **National Toxicology Program has concluded that wireless radiation causes cancer**. Natural health advocates say that 70 percent of non-industry studies assess wireless radiation as harmful; with industry studies, the effects are reversed – with only 32 percent showing that wireless radiation is harmful. But, either way, the dangers are clear and being ignored by our government due to corporate interests.

The public is at risk: Corporate giants care more about revenue and ignore the dangers

As the annual financial reports of such corporations as Verizon and T-Mobile reveal, **the companies acknowledge they are subject to litigation** relating to the alleged health effects of wireless phones and radio frequency transmitters. The companies warn that this could result in significant damages; they also admit that wireless technology http://www.naturalhealth365.com/0972_microwave_radiation.html/ and adverse health effects do exist – including the threat of cancer.

Already, Nokia is a defendant in 19 separate lawsuits filed in Washington, D.C. alleging that radio emissions from cell phones caused their brain tumors. The lawsuits allege **an industry-wide conspiracy to manipulate the science and testing** around emissions guidelines – and the world will be watching as this drama unfolds.

(End of excerpt)

Make your voice count.

Sign this VOTE of NO CONFIDENCE in WHO's EMF Project

We, the undersigned, being aware of and/or harmed by the adverse biological effects of EMFs, hereby declare our VOTE OF NO CONFIDENCE for WHO and its EMF Project, headed by industry-biased Emilie van Deventer—an electrical engineer (with no medical or health credentials), who has publicized her support for the wireless telecommunications industry and has a major conflict of interest, given her industry-funded research aimed at promoting and advancing wireless communication technology.

We demand that:

1. Emilie van Deventer be immediately replaced by a qualified independent professional who has the appropriate medical credentials and a medically informed understanding of and respect for the millions of individuals experiencing microwave sickness/electromagnetic sensitivity, and who will act on the body of science that confirms the adverse biological effects of electromagnetic fields (EMFs).
2. WHO and its EMF Project take immediate action to acknowledge, and make science-based decisions regarding the proven harm caused by EMFs, without any bias or regard for commercial or industry interests, and with full disclosure to the public. With a mandate of preserving the health of the global population and, via its EMF Project, of 'investigating the detrimental health effects from exposure of people to non-ionizing radiation', WHO must ensure its complete freedom from industry bias and corruption.

Vote here

Votes so far: 1,255 updated daily

Only your name, occupation and location will be provided to WHO for the purpose of this vote. Your e-mail address will not be shared.

The votes will be accompanied by a separate document exposing WHO's failure to address or accurately report the science regarding the known adverse bio-effects of EMFs, and both will be submitted to WHO in January 2017.

This call for action is private and is not part of any other petition platform. Your e-mail address will only ever be used in the event that verification is required.

If you would like to be on our mailing list, you can sign up separately. Please see below.

Sign up for more information on EMFs and for creative, empowered solutions for dealing with electromagnetic radiation. I won't bombard you with emails, and you can unsubscribe at any time.

Contact Olga Sheean
olgasheean.com
:)

Source: <http://olgasheean.com/who-emf/>

Guest Eric Windheim, a certified Electromagnetic Radiation Specialist, will discuss “Sleep sanctuaries.”

From: Sandy
Date: November 15, 2016
Subject: Agenda 11-17-16- Guest Eric Windheim, a certified Electromagnetic Radiation Spec

Agenda 11-17-16- Guest Eric Windheim, a certified Electromagnetic Radiation Specialist, will discuss “Sleep sanctuaries.”

We will discuss how to set-up your own sleep sanctuary, and Eric will answer your questions. Feeling better after a good night's sleep is important when wireless technologies are hitting your body during your sleep time.

If you are not getting a restful sleep, this tele-conference is for you. You could be getting symptoms of wireless sickness without realizing it.

Eric Windheim BA, EMRS, BBEC, is a certified Electromagnetic Radiation Specialist and Certified Building Biology Environmental Consultant. His website is; WindheimEMFSolutions.com, and his office no: is 916-395-7336. He's located in Sacramento, CA.

Eric Windheim is the owner of Windheim Environmental Solutions, a California high technology and environmental health and wellness company that he founded in 1991. The company is located in the Sacramento area and has clients worldwide. Windheim EMF Solutions specializes in electromagnetic radiation and provides inspection, assessment, measurement, testing abatement, and remediation of dangerous and unhealthy magnetic fields, electric fields, microwave radiation and “dirty electricity”.

Eric graduated from the University of California and has studied Environmental Science, Earth Science, Geography, Geology, Hydrology, Remote Satellite Photo Interpretation and Advanced Solar Engineering.

EMF Dangers - Eric Windheim Paranormal Insights Special Edition
<https://www.youtube.com/watch?v=XvCYfjD0CMs>

Consumer Reports: Cell Phones and Brain Cancer. SAR explained

From: Angela T.

Sent: Wednesday, November 16, 2016

Subject: Consumer Reports: Cell Phones and Brain Cancer. SAR explained.

What are the FCC limits for cell phone and wireless devices?

SAR is the specific absorption rate which quantifies how much wireless radiation is absorbed by the body from a cell phone/wireless device. Every cell phone/wireless device has a SAR rating. In the US, all phones sold are tested to not exceed 1.6W/kg over a 1 g sample of tissue for 30 minutes. For more info <http://ehtrust.org/z-page-s-to-remove/specific-absorption-rate-sar/>.

Ears, hands, feet, wrists, and ankles can be exposed to 4W/kg averaged over 10g. (In 2013, ears were reclassified as appendages. <https://stopsmartmetersirvine.com/2013/06/06/the-better-to-cook-you-my-dear-the-fcc-mobile-phone-industry-ally-reclassifies-body-part/> Prior to that, exposure limit for ears was at 1.6W/kg, but when phones are held to the ears, the 1.6W/kg was exceeded. So the limit for ears was raised because the 1.6W/kg exposure limit could not be met for ears.

All other parts of the body (including the head) can be exposed to a SAR of 1.6W/kg averaged over a 1 g sample of tissue for 30 minutes (established in 1996). See p. 75

https://transition.fcc.gov/Bureaus/Engineering_Technology/Documents/bulletins/oet65/oet65.pdf)

SAR rating for a device is based on the cell phone/wireless device being tested at a certain distance from the body. You can see what those distances are for each device here <http://showthefineprint.org/see-the-fine-print> (this website is maintained by EHT). The level of radiation your body absorbs depends on the distance of the device – the closer a device is, the higher the level of radiation your body absorbs. So if the device is closer than the tested distance, then your body is likely absorbing more than the SAR rating for that device.

For example, **the iPhone 6 Plus is rated at 1.59 W/kg** when all antennas are on

<https://www.sarchecker.com/apple-iphone-6-sar-rating-level-edges-extremely-close-to-legal-limits/>, but this rating is based on **a distance of 5mm from the body**, <http://showthefineprint.org/see-the-fine-print>. So, if you are holding the iPhone in your hand or pressing it to your head (this is all less than 5mm from the body), your hand or head are exposed to higher than 1.59W/kg

Glioma (a type of brain cancer) have shown a statistically significant increase. Incidence rate has increased by 100% in 2010 from 1989 in the Netherlands. In the US, the increase has been 1.3%-2.3% per year over a 15-year period, which was statistically significant.

<http://microwavenews.com/news-center/ntp-and-brain-tumor-rates>

Rats develop Brain and Heart Cancer from Cell Phone Radiation at below FCC limits

The \$25 million US government National Toxicology Program study on cell phones showed a statistically significant increase in glioma brain cancer in rats exposed to cell phone radiation at levels BELOW FCC's thermal limits – about 3% developed brain cancer. Rats NOT exposed to cell phone radiation did NOT develop tumors. **The rats were exposed to 1.5W/kg, 3.0W/kg, and 6.0W/kg levels of cell phone radiation, and cancer was seen at all of these levels.** To read partial results of this study

<http://biorxiv.org/content/early/2016/05/26/055699.full.pdf+html>

Based on this study, an article from Consumer Reports

<http://www.consumerreports.org/cell-phones/what-the-cell-phone-brain-cancer-study-means-for-you/> was published a few months ago. Based on this and previous research regarding cell phones and cancer, Consumer Reports believes *"swift and decisive action by the government and industry"* is required. Specifically:

- The National Institutes of Health should commission another animal study using current cell phone technology to determine if it poses the same risks as found in this new study.
- The Federal Communications Commission should update its requirements for testing the effect of cell phone radiation on human heads. The agency's current test is based on the devices' possible effect on large adults, though research suggests that children's thinner skulls mean they may absorb more radiation. The FCC should develop new tests that take into account the potential increased vulnerability of children.
- The Food and Drug Administration and the FCC should determine whether the maximum specific absorption rate of 1.6 W/kg over a gram of tissue is an adequate maximum limit of radiation from cell phones.
- The Centers for Disease Control and Prevention should repost its advice on the potential hazard of cell phone radiation and cautionary advice that was taken down in August 2014.
- Cell phone manufacturers should prominently display advice on steps that cell phone users can take to reduce exposure to cell phone radiation.

CR recommends that you:

- Try to keep the cell phone away from your head and body. Keeping it an arm's distance away significantly reduces exposure...
- Text or video call when possible...
- When speaking, use the speakerphone or a hands-free headset
<http://www.consumerreports.org/cro/headphones.htm>.
- Don't stow your phone in your pants or shirt pocket. Instead, carry it in a bag or use a belt clip.

For more tips

You can watch this video from the government of Cyprus for more tips

<https://www.youtube.com/watch?v=H43IKNjTvRM>

or if you're pregnant or planning on pregnancy, please watch this one as well from Babysafeproject.org, put together by scientists and MD's <http://www.babysafeproject.org/the-science.html>

To read more studies, go to

www.ehtrust.org or
www.bioinitiative.org

Below are 3 compendiums compiled by Kevin Mottus of the California Brain Tumor Association and Rola Masri.

Over 78 studies on health effects of **cell towers** compiled by

<http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/Cell-Tower-Studies-Final.pdf>

Over 700 studies on the health effects of **cell phones**

<http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/Cell-Phone-Studies-Final.pdf>

Over 136 studies on health effects of **Wi-Fi**

<http://www.mainecoalitiontostopsmartmeters.org/wp-content/uploads/2016/02/WiFi-and-Device-Studies-Final.pdf>

(Please note all of these studies were compiled in late 2015; so studies published since that time have not been included.)

Diabetes Type 3 (which is influenced by EM emissions) & electrosensitivity – Re: sugar and immune suppression

From: Andrew Michrowski <paceincnet@gmail.com>

To: André

Cc: Chris

Sent: Thursday, November 17, 2016

Subject: Diabetes Type 3 (which is influenced by EM emissions) & electrosensitivity – Re: sugar and immune suppression

Note also this:

Diabetes and Electrosensitivity

Dr. Magda Havas described the relationship between high-frequency voltage transients and elevated blood sugar:

If you have difficulty regulating your blood sugar and you are electrically sensitive you may have type 3 diabetes according to research published in the Journal Electromagnetic Biology and Medicine in **2008**.

Unlike Type 1 diabetes (juvenile diabetes) that is largely genetically controlled, and Type 2 diabetes (adult onset) that increases with obesity, Type 3 diabetes is influenced by environmental exposure to electromagnetic pollutants. [20]

Gestational diabetes also known as gestational diabetes mellitus (GDM), is when a woman without diabetes, develops high blood sugar levels during pregnancy. ... Babies born to mothers with poorly treated gestational diabetes are at increased risk of being too large, having low blood sugar after birth, and jaundice.

Andrew Michrowski

On Wed, Nov 16, 2016, André Fauteux wrote:

The immune suppression was most noticeable two hours post-ingestion, but the effect was still evident five hours after ingestion.

<http://www.askdrsears.com/topics/feeding-eating/family-nutrition/sugar/harmful-effects-excess-sugar>

Sugar, Colds, and Flu – The Bitter Truth

<http://www.progressivehealth.com/does-eating-sugar-increase-your-risk-of-influenza.htm>

The best known study in this area of research is still the first one, the one most often quoted and the genesis of the debate. It was published in The American Journal of Clinical Nutrition in 1973.

The result showed that greatest inhibition of the antimicrobial ability of neutrophils occurred within 2 hours of consuming the sources of sugar. However, this inhibition was still significant 5 hours after consuming the sugar meals.

The researchers confirmed that sugar did not reduce the population of neutrophils but rather their function.

This study showed that simple carbohydrates such as sugar can depress the immune system for hours. Complex carbohydrates, on the other, do not affect the immune system in this way.

André Fauteux, éditeur
Magazine La Maison du 21e siècle (et son supplément Maison saine)
info@maisonsaine.ca
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Toute vérité franchit trois étapes.
D'abord elle est ridiculisée.
Ensuite, elle subit une forte opposition.
Puis, elle est considérée comme ayant toujours été une évidence.
- Arthur Schopenhauer

Le 16 nov. 2016 à 17:07, cives@eria.info a écrit :

Gee thanks!
I never knew that "sugar shuts off the immune system for about 2 hours".

The sugar industry must be anxious to suppress that key piece of the health puzzle, eh?

Small wonder that so many children get infections!

Chris

On 2016-11-16, André Fauteux wrote:
Sugar also feeds tumors!

EMF exposure has been shown to raise blood sugar levels, eating cinnamon can help you to keep your blood sugar levels stable and also provide powerful antioxidant protection.

Source : Lloyd Burrell, Beating Electrical Sensitivity
EHS Biomarkers –salivary cortisol, alpha-amylase, transthyretin, blood sugar levels after provocation, live blood analysis showing Rouleaux formation. Source : Dr Riina Bray, attached ppt

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Toute vérité franchit trois étapes.
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- Arthur Schopenhauer

Le 16 nov. 2016 à 16:21, Andrew Michrowski <paceincnet@gmail.com> a écrit :

sugar shuts off the immune system for about 2 hours.

On Wed, Nov 16, 2016, <cives@eria.info> wrote:

Bonjour, Andre and Andrew.

A friend and colleague from Florida has EHS.

She asked is EHS aggravated by sugar consumption.

Please can you point us to any articles/references that might be helpful?

Thanks a bunch,

Chris

Links:

[1] <http://www.maisonsaine.ca>

EMFs are everywhere, and here's your protection...

From: Life Enthusiast <news@life-enthusiast.net>

To: Gary <garyvesperman@yahoo.com>

Sent: Thursday, November 17, 2016

Subject: EMFs are everywhere, and here's your protection...

Life Enthusiast Newsletter 015

Effects of Electromagnetic Frequencies (EMFs) Can Be Disastrous over Time

Dear Gary,

I remember years ago, reading an article about a young boy who lived right beside a huge transformer station. He got leukemia. The article went on to cite statistics about the greater risk of being diagnosed with leukemia living near high-voltage overhead power lines.

Around that time, I read another article about a woman that always felt ill when she sat in a certain place in her home – only in that certain place. Turns out that right where she liked to sit, the floor had electric heating hidden inside. And that's what made her feel ill while sitting there.

There's research out there stating "Mobile Phones Make You Senile". Professor Leif Salford, who headed research at Sweden's prestigious Lund University, says "The voluntary exposure of the brain to microwaves from handheld mobile phones" is "The largest human biological experiment ever".

Two things are for sure...

EMFs are present almost everywhere.

Symptoms of disease decrease when EMFs are lowered.

Where do all these EMFs come from?

Anything electric including...

Computers, cell phones and all wireless devices
Microwave ovens, radio waves (AM and FM)
Electric motors (fridges, photocopiers, hairdryers)
Power lines, transformers, smart meters
Even household electrical wiring!

The health-disturbing effects of cellphones are very controversial and have been all over the news. There are so many things in our world that science cannot measure, yet there IS a way to see how a cellphone affects your strength – indicating its adverse effects.

Take a quick look at this video and see how a cell phone zaps your energy away, and how a simple, inexpensive device can protect you from this small source of big serious health problems.

watch video

<https://www.youtube.com/watch?v=sPytW-GS9tg&feature=youtu.be>

Stop Losing Energy to Electrosmog!

The adverse effects of EMFs are getting more and more attention from researchers. This invisible cause of slowly developing inflammatory illness is not readily recognized, making diagnosis and treatment quite difficult.

Life Enthusiast has many way to eliminate invisible, disease-causing EMFs. After all I've I learned, I don't go anywhere without one of these gadgets on my body or in my pocket.

Hematite Pendant

<http://www.life-enthusiast.com/protoc-black-hematite-pendant-p-1655.html>

Start Experiencing Positive Energetic Frequencies

Wear this pendant to feel a more stable body, mind and spirit, enhancing athletic performance, clarity of mind and strong logical thinking (including mathematics).

If you prefer a different color with the same EMF protection and slightly different other functions, we also have Green Aventurine Pendants

<http://www.life-enthusiast.com/protoc-green-adventurine-pendant-p-1654.html>

and Red Jasper Pendants.

<http://www.life-enthusiast.com/protoc-red-jasper-pendant-p-1656.html>

Everyone who wears a ProTec Pendant experiences the balancing effect differently. You will feel your body with your level of awareness – perfect, don't you agree?

CellGar Fractal <http://www.life-enthusiast.com/cellgar-fractal-p-1657.html>

Beautiful Holographic Sticker

Place it on any electronic device and it protects you against harmful EMFs, enhancing your best performance with more clarity of thought.

Feel more strength and better cellular function – that's your cells, not the phone. You WILL feel the difference.

Fractal Art

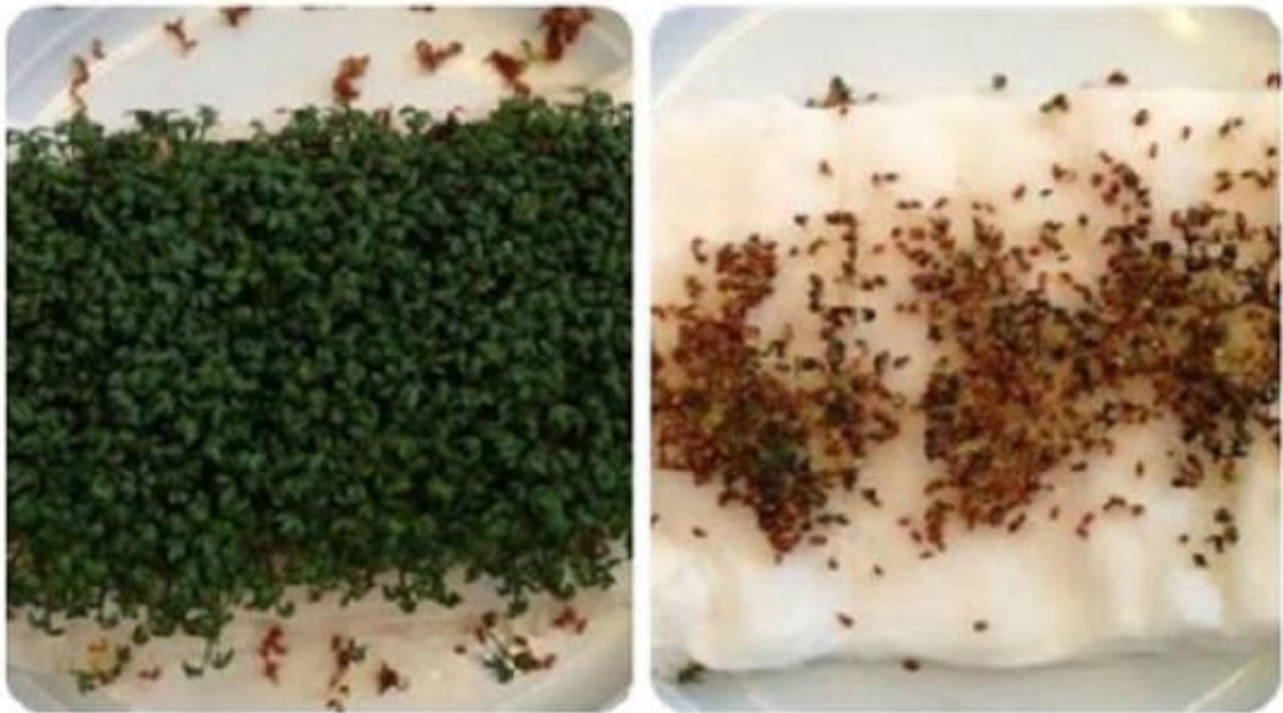
A fractal is a natural phenomenon or mathematically calculated pattern that repeats itself at every scale of magnification.

More Demonstration of EMF Dangers...

Some ninth-grade girls in Denmark noticed that if they slept with their mobile phones near their heads at night, they often had difficulty concentrating at school the next day. So to test the effect of their phone's radiation, the girls designed this experiment to show what it would do to sprouting seeds.

Take a look at the two images below:

The left image shows seeds that sprouted quite nicely. They were taken away from all EMFs. And the seeds on the right? They were exposed to EMFs similar to an ordinary cellphone. (Photo courtesy of Kim Horsevad, teacher at Hjallerup Skole in Denmark)



Just imagine what a cell phone does to your body!

Stop Losing Your Energy and Health to Electrosmog!

You received this message because you requested
Life Enthusiast Newsletters on our website.

Life Enthusiast 711 South Carson Street Suite 4 Carson City, Nevada 89701 United States (775) 299-4661

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NEED SOMEWHERE TO PARK CAR OR CAMP UNTIL 12/8

From: s.

To: emfrefugee@yahogroups.com

Sent: Thursday, November 17, 2016

Subject: [emfrefugee] NEED SOMEWHERE TO PARK CAR OR CAMP UNTIL 12/8

im staying at parents house right now and currently dying , getting average 5 hours sleep

anyone in a low emf area that would allow me to camp in packyard or (more likely) sleepin in my car in their parking lot

please call me or respond here 520-225-xxxx

in San Diego

EMF-Omega-News 19. November 2016

From: "BI-CI Omega

Sent: Saturday, November 19, 2016

Subject: [emfrefugee] EMF-Omega-News 19. November 2016

Dear Sir, Madam, Ladies and gentlemen, dear friends,

For your information.

Best regards,

Klaus Rudolph

Citizens' Initiative Omega

Sometimes the links are missing. You can always find them here: <http://www.buergerwelle.de/en/>

<http://www.buergerwelle.de/en/news/newsletter/>

<http://www.mastsanity.org/health-52.html>

13 Investigates cellphones and cancer: Is the risk real?

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7660/>

Most convincing studies showing wireless technologies causes health problems

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7664/>

Interphone confirm glioma risk associated with use of mobile phones

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7654/>

Teamsters against WiFi, adverse impact on animals

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7657/>

The Great Smart Meter Con

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7656/>

Environmental Sensitivities Symposium

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7658/>

Vodafone angers Wells residents with application for giant mobile phone mast

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7662/>

Strong objections raised over phone mast proposal

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7665/>

Cell tower unhealthy for Columbus

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7666/>

News from Mast Sanity

<http://tinyurl.com/2vhcbl6>

<http://tinyurl.com/aotw3>

Our links:

<http://tinyurl.com/yjpu7wg>

<http://tinyurl.com/93epp>

<http://tinyurl.com/9w2sx>

<http://tinyurl.com/aotw3>

<http://tinyurl.com/oya9t>

<http://tinyurl.com/jyemw>

<http://groups.yahoo.com/group/EMR-EMF/>

<http://groups.yahoo.com/group/emf-omega-news/>

Note: Editor and responsible for the content: Citizens' Initiative Omega. Our messages are the result of many hours of daily research, roundup and editing.

If you have information which you would like to share with your friends and colleges around the world and which are from common interest, please send us this information, we will send them out.

Disclaimer:

The information in our EMF-Omega-News are derived from sources, which we believe to be accurate but this cannot be guaranteed.

We are not responsible for any errors or omissions and disclaims any liability incurred as a consequence of any of the contents of this resources.

NBC: Cellphones and cancer risk. Jimmy Gonzalez

From: Angela T.

Sent: Saturday, November 19, 2016

Subject: NBC: Cellphones and cancer risk. Jimmy Gonzalez

An excellent news story on cell phone risks by NBC in Indianapolis aired November 14

<http://bit.ly/2fbjhLv>

It interviewed 2 families who believed the glioma brain tumors in their families were caused by cell phone use. It also covers the \$25 million NTP US government rat study, the position of the American Academy of Pediatrics, doctors and scientists from Harvard and Yale University, and WHO-IARC. Also interviewed were Ellie Marks, Director of the California Brain Tumor Association.

The Farvers and Prischmans believe the deadly tumors were preventable and both caused by the same thing: a cellphone.

"I'm 100% certain," said Virginia Farver. "He talked on his cellphone two to three hours a day, and the tumor was on the same side of his head where he held the phone."

"I'm 99% sure it was cellphone radiation," said Prischman. She showed 13 Investigators years of invoices, showing Paul talked on his cellphone between 3,000 and 4,000 minutes each month.

Here's a video of attorney Jimmy Gonzalez addressing his city council regarding the glioma brain cancer, heart cancer, and cancer in the nerves in his hand that he believes he developed as a result of his cell phone use. He developed brain cancer at the spot where he held the phone to his head, he developed heart cancer at the spot where he stored his phone (chest pocket in his jacket), and cancer in his hand where he held his phone. He died at age 42. 9-minute video <https://www.youtube.com/watch?v=DII0VJd0lA8>

The rats in the \$25 million NTP government study developed glioma brain cancer and Schwannoma heart cancer too <http://biorxiv.org/content/early/2016/05/26/055699.full.pdf+html>

Inconsistent Production Quality of Phones May Vary SAR

From: Andrew Michrowski <paceincnet@gmail.com>
To: Gary Vesperman <garyvesperman@yahoo.com>; Sandra
Sent: Sunday, November 20, 2016
Subject: Re: Fw: Phone

Each unit has to be measured – on the basis of model preference. The production quality is not necessarily consistent; then observe that the various components: antenna, circuitry, and battery may / may not be properly and equally connected...

Note that the units' emission levels depend also on ability to connect in the most efficacious / efficient mode with the cell network despite obstacles, thus drawing less / more power to ensure 'acceptable' communication mode; also how loud is the voice (amplification), etc.

I am not trying to make things difficult; it is the reality of the technology.

We operated without wireless systems for the last 16 years since it wound up in Ottawa, Canada and are doing just as well, if not better – at least we understand conversations, trim our cost of communication, batteries, etc., to pre-Deluge levels and keep our norms for such basic attention, co-ordination, sleeping, quality of life, corrosion, flora as before.

Andrew Michrowski

On Sun, Nov 20, 2016 at 1:30 PM, Gary Vesperman <garyvesperman@yahoo.com> wrote:

----- Forwarded Message -----

From: Sandra

To: Gary Vesperman <garyvesperman@yahoo.com>

Sent: Sunday, November 20, 2016

Subject: Phone

Can you tell me the lowest SAR phones that are out now?

Help get publicity for NTP findings that wireless radiation breaks DNA and causes cancer

From: Angela T.

Sent: Monday, November 21, 2016

Subject: Fwd: Help get publicity for NTP findings that wireless radiation breaks DNA and causes cancer

Hi

Please help – see note from Catherine below for details.

Very well written Catherine!

Happy Thanksgiving everyone

Angela

From: Webmaster <webmaster@electricalpollution.com>

Date: Sun, Nov 20, 2016

Subject: Help get publicity for NTP findings that wireless radiation breaks DNA and causes cancer

To: Webmaster <webmaster@electricalpollution.com>

Thank you for your help. Our message is being heard! Keep up the good work.

Please help raise awareness about the U.S. NTP findings that RF radiation emitted by popular wireless consumer devices has been linked to cancer and DNA breakage.

Please sign and circulate this petition which asks the Obama Administration to publicize U.S. National Toxicology Program results that wireless radiation causes DNA breakage and cancer, using this link:

<https://wh.gov/iewmv>

Only after we get 150 signatures will it be viewable in the Open Petitions section. Please help us reach and surpass that goal quickly.

And, circulate these links on social media:

<https://wh.gov/iewmv> Petition: Please publicize the U.S. National Toxicology Program results that wireless radiation causes DNA breakage and cancer

<http://ehtrust.org/science/facts-national-toxicology-program-cellphone-rat-cancer-study/> An excellent write-up about the NTP findings

<https://www.youtube.com/watch?v=DIIOVJd0IA8> Jimmy Gonzalez died at age 42 after he developed cancer where he was in contact with his phone: brain cancer, cancer under his chest pocket where he stored his phone, and cancer in the hand that held it.

<http://ehtrust.org/key-issues/cell-phoneswireless/cell-phone-survivors/> Cell Phone Survivors & Non-Survivors

www.EMFscientist.org Over 220 EMF/RF researchers from around the globe agree – existing RF limits are not protective and urgently need revision to protect people from getting cancer and other biological effects

If you have had cancer that you link to wireless technology or RF or know someone who has, please submit your story to:

<https://www.whitehouse.gov/webform/cancer-touches-all-us-share-your-story-here>

Ask that the Cancer Moonshot Task Force help with prevention efforts by publicizing the NTP findings that RF radiation emitted by wireless technology causes DNA breakage and cancer.

Time is of the essence since the Obama Administration leaves office shortly. Publicity that they give the findings before they leave office could be a game-changer if they choose to do it.

Prevention is key, and knowledge is power.

Please sign and circulate this petition: Please publicize the U.S. National Toxicology Program results that wireless radiation causes DNA breakage and cancer (<https://wh.gov/iewmv>)

We need 100,000 signatures in 30 days to get an answer from the President, so ask your friends and family to sign.

For those wishing to minimize their exposure to RF, please visit the Solutions page at www.electricalpollution.com.

Please distribute this widely.

Thank you,
Catherine

Protecting my health and that of others by using a hardwired computer in a low RF environment. For more information, see www.electricalpollution.com

New gadget for measuring very low frequencies. Evaluation?

From: Andreas
To: emfrefugee@yahogroups.com
Sent: Wednesday, November 23, 2016
Subject: [emfrefugee] New gadget. Evaluation?

Does anyone have experience or knowledge of this new measuring gadget? Any comments from the experts?

Measuring very low frequencies (VLF)

Do you know what you're exposed to from CFL globes, inverters or induction cooktops?

Now it's possible to obtain a clearer picture than ever.

Whereas most magnetic field meters measure the ELF (extremely low frequency) range of frequencies, the new Pocket Power Frequencies Meter (PF5) also measures fields from the VLF (Very Low Frequency) range of the spectrum. CFL globes, solar inverters, induction cooktops and some LED lights emit these frequencies.

Identifying fields in the VLF part of the spectrum is important because these frequencies can produce much greater currents in the body than ELF fields. For example, equipment operating at 25 kHz (VLF) induces 500 times more current in your body than the same field from a 50 Hz source.

The new PF5 meter measures both magnetic and electric fields from the ELF and VLF parts of the electromagnetic spectrum. It's an easy-to-use meter, with press-button operation and a series of colored lights to indicate precautionary exposure levels.

More information is available from www.emraustralia.com.au.

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Wednesday, November 23, 2016
Subject: [emfrefugee] Re: New gadget. Evaluation?

ELF magnetic field meters that only read to 0.1 or 0.2 milligauss are not adequate for someone who already has ES. Two companies offer something suitable for those with serious ES; Alphalabs will sell by special order a version of the Trifield meter, modified with an external jack and with a 100x external probe that then reads to 0.002 milligauss. It will give bogus high readings near power cables when EMI is present (as does the stock meter), even when the true magnetic field levels are well below detection; so check with a well-chosen AM radio first. Gigahertz Solutions has a meter with sensitivity to 0.010 miligauss, which may be adequate for some.

Skepticism is strongly advised, especially with pseudo-science companies selling such garbage as "DE filters" (plug in metal film capacitors) or "DE meters" with inadequate frequency range and which plug in and measure differentially, thus not showing (or filtering) common mode EMI (a major component of all switching power supplies) at all.

VLF electric fields are being offered more commonly now, because frankly, it is cheap and easy to do so. Alas, fundamental switching frequencies in switching power supplies are now (2016) in the 100K to 1.5MHz range. According to EMC texts, there are very strong harmonics to 10x that, and some emissions to 100x that. So your 100KHz switching supply in a base LED lightbulb will likely have strong emissions to 1MHz, and emissions up to 10MHz. So if you want to see these emissions, you need a magnetic field meter that is extremely sensitive to 1.5Mhz. For conducted emissions on the power line, you need a meter that measures common mode noise to at least 1.5MHz and better 15Mhz. These products don't exist today as consumer meters.

So for now, if you want a cheap and reliable means of checking for power line, cable, phone, or satellite cable EMI, I'd suggest using an AM radio without noise suppression; the Radio Shack 12-467 or Sony ICF-S10Mk2 unless you can afford and can learn to use properly a spectrum analyzer, and understand its limitations as well.

IMPORTANT: Please sign this petition to the White House for wireless radiation awareness!!!

From: "InterLinked CEO wirelessection@outlook.com [emfrefugee]" <emfrefugee@yahoogroups.com>
To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>;
"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>
Cc: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>; "sprayno@yahoogroups.com" <sprayno@yahoogroups.com>
Sent: Wednesday, November 23, 2016
Subject: [emfrefugee] IMPORTANT: Please sign this petition to the White House for wireless radiation awareness!!!

I've sent out petitions before, but I was reading about this one this morning that just came out a couple days ago,

This petition aims for publicizing a report that wireless radiation can cause DNA breakage – this is relevant to both Stop Smart Meters, Save Landlines, and anyone else who cares about their health!

It already got about 500 signatures, but we need 99,500 more, so we have a long way to go! A lot of you are probably wondering what you can do to help. Please sign this petition, and share with your family, friends, and the community. Every signature counts! This could be a real opportunity for us to strike it with the government. If we get 100K signatures, they HAVE to respond to us with some sort of statement, and they may even take desirable action,

Yes, a petition in and of itself is not going to be effective enough, and yes, this may be a long shot...

However, taking 10 seconds to sign this won't hurt! Please help whoever created this petition get the signatures they need! Please share this with any other groups you may be a part of:

<https://petitions.whitehouse.gov/petition/please-publicize-us-national-toxicology-program-results-wireless-radiation-causes-dna-breakage-and-cancer>

As always, there are more petitions to sign at www.wirelessection.wordpress.com/petitions/

Naveen Albert

CEO, InterLinked Project - www.interlinked.x10host.com

Director, Wireless Action - Your Health, Safety, and Privacy are at stake!

Member, Save Landlines & Stop Smart Meters Coalitions - www.savelandlines.org ; www.stopsmartmeters.org

Cell phones, cordless phones, and Wi-Fi have been linked to cancer and other negative health effects. Learn more, sign petitions, and take the survey at <https://wirelessection.wordpress.com/>

"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"

"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

This message was sent safely and securely over an Ethernet cable.

HELP JODY WATKINS

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Wednesday, November 23, 2016
Subject: [emfrefugee] HELP JODY WATKINS

HELP JODY WATKINS

Many of you may be familiar with Jody Watkins. Jody has chemical sensitivity as well as electrical sensitivity. She is living in the forest in Tasmania to escape the phone towers near her house.

Jody built her dream house away from all of the chemicals and EMR from phone towers, etc., in the middle of the bush only to have a phone tower installed right next to her property. She was then forced to live in a tent in the remote Tasmania forest to escape.

Like many of us, all of her dreams in life have been destroyed by multi-national corporations who have the full support of traitors within our own governments.

This is her plea for assistance to help her rebuild her life.

If you can donate, please go to her Go Fund Me page and share the page on your timeline, or just share it from here.

Click here to support MICROWAVE TOWER MADE ME HOMELESS by Jody Watkins
<https://www.gofundme.com/2gs8s8tk>

Thank you.

Next Conference Call – Coalition to Save Landline Telephones – November 29

From: Isis
To: Save Landlines <savelandlines@groups.electricembers.net>; "stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>; "baycanarygrapevine@yahoogroups.com" <baycanarygrapevine@yahoogroups.com>; EHN Announce <ehn-announce@ehnca.org>; "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>; "EMFhousing@yahoogroups.com" <EMFhousing@yahoogroups.com>; "emsmcsharmnetwork@yahoogroups.com" <emsmcsharmnetwork@yahoogroups.com>; "safeantenna@yahoogroups.com" <safeantenna@yahoogroups.com>; "EMR-EMF@yahoogroups.com" <EMR-EMF@yahoogroups.com>; "greencanary@yahoogroups.com" <greencanary@yahoogroups.com>; "berkeley-disabled@yahoogroups.com" <berkeley-disabled@yahoogroups.com>; "sprayno@yahoogroups.com" <sprayno@yahoogroups.com>; Smartwarriormarin <smartwarriormarin@googlegroups.com>; Ca-emf-safety-coalition <ca-emf-safety-coalition@lists.sonic.net>
Sent: Wednesday, November 23, 2016
Subject: [savelandlines] REMINDER: Next Conference Call – Coalition to Save Landline Telephones – November 29, 1:15pm Pacific

The next conference call of the Coalition to Save Landline Telephones is scheduled for Tuesday, November 29, 2016 at 1:15pm Pacific time (note that's a quarter after the hour):

Call in #: 712-832-8320

Access code: 924-2297

Please join us to organize against the dismantling of the analog copper landline telephone network.

For discussions in between calls, please also join our organizing list at:

<https://groups.electricembers.net/lists/subscribe/savelandlines>

Please also see the message below from Kevin Mottus, regarding public comment on a related FCC docket, due November 30.

Isis

<https://savelandlines.org/>

DUE NOV 30th-Request FCC Comment Discontinue Landlines-CenturyLink

From: Joshua

To: Save Landlines <savelandlines@groups.electricembers.net>; wran@lists.riseup.net;

"stopsmartmeters@groups.electricembers.net" <stopsmartmeters@groups.electricembers.net>

Sent: Wednesday, November 23, 2016

Subject: [savelandlines] DUE NOV 30th-Request FCC Comment Discontinue Landlines-CenturyLink

FYI – one week to submit comments to the FCC about the severing of our most critical basic communications system:

Begin forwarded message:

From: rola

Subject: Fw: DUE NOV 30th-Request FCC Comment Discontinue Landlines-CenturyLink

Date: November 23, 2016

Message from Kevin:

Please Comment on FCC Docket below discontinuing Wireline Service provided by CenturyLink nationwide. You can use comments you have submitted previously for other 5G or Landline FCC Dockets. Follow instructions below to comment. See attached official FCC Public Notice. Email Rola if you have any questions, but instructions should be self-explanatory. Clearly we do not want the FCC to allow carriers to discontinue landline service – the safe alternative to wireless and reverse mandates on carriers that have been in place to protect consumers for years.

COMMENTS INVITED ON SECTION 214 APPLICATION(S) TO DISCONTINUE DOMESTIC. NON-DOMINANT CARRIER TELECOMMUNICATIONS SERVICES

WC Docket No(s). 16-383

http://transition.fcc.gov/Daily_Releases/Daily_Business/2016/db1115/DA-16-1280A1.pdf

Instructions:

1. Click on this link <http://fjallfoss.fcc.gov/ecfs2/>.
2. Click on "Submit a Filing" Tab at the top of the page.
3. Click on "Express a Comment" (on top of the page) to just make a comment or "Standard Filing" to attach documents (one of which can be your comment).
4. Type in or Copy and Paste the Docket number into the "Proceedings" Field and make sure it is accurately displayed in the window:
WC Docket No. 16-383,
Type the following into the File Number Field: Comp. Pol. File No. 1362
5. Fill out all required fields and click "Enter" or "Return" before you go to the next field. In your comment refer to WC Docket No. 16-383, Comp. Pol. File No. 1362
6. Once all fields are filled out – click continue screen.
7. Review and submit.
8. Make sure you write down your confirmation # so that you can check on your submission.

Thank you for your help and support. If you have any questions email rolamasri@sbcglobal.net.

Kevin Mottus
California Brain Tumor Association

Landlines vs. VoIP poster

From: InterLinked CEO <wirelessaction@outlook.com>
To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>
Sent: Wednesday, November 23, 2016
Subject: [savelandlines] Landlines vs. VoIP poster

Hi all,

Looking for some feedback on this poster:

Hopefully the changes I made between the old version and the new version improved it... apart from Layout (I know it looks ugly right now), I was wondering if there's anything anyone thinks I should add,

New version:

Naveen Albert
CEO, InterLinked Project – www.interlinked.x10host.com
Director, Wireless Action – Your Health, Safety, and Privacy are at stake!
Member, Save Landlines & Stop Smart Meters Coalitions – www.savelandlines.org; www.stopsmartmeters.org

Cell phones, cordless phones, and Wi-Fi have been linked to cancer and other negative health effects. Learn more, sign petitions, and take the survey at <https://wirelessaction.wordpress.com/>

"Getting rid of your landline is like getting rid of your refrigerator and using a cooler"

"Getting rid of your landline is like disconnecting from the water utility because they sell bottled water at the store"

This message was sent safely and securely over an Ethernet cable.



LANDLINE TELEPHONE SERVICE...

- * Works in power outages
- * Uses analog signals (high voice quality)
- * Provides 911 with accurate location data
- * Works with pacemakers, fax machines, and dial-up modems
- * Is compatible with alarm systems
- * Is secure and impossible to hack
- * Transmits your voice over secure copper
- * Is VERY reliable (99.999% uptime)
- * Is practically dropped-call resistant
- * Allows access to operator (0) services
- * Is tied to the line, not the phone
- * Is hardware based
- * Allows pulse dialing (rotary phones)
- * Is regulated by the FCC/government
- * Is more expensive to maintain
- * Typically works in disasters
- * Is provided by the telephone company
- * **Is the obvious, superior choice.**



VOIP SERVICE... (VOICE OVER INTERNET-PROTOCOL)

- * Does not work in power outages
- * Uses digital signals (poor voice quality)
- * May not provide 911 with location data
- * Lacks widespread support for medical equipment, faxing, and other purposes
- * Lacks support for alarm systems
- * Is susceptible to interception
- * Transmits your voice over the Internet
- * Is often unreliable
- * Is often susceptible to dropped calls
- * Doesn't allow use of operator services
- * Is tied to the phone, not the line
- * Is software based
- * Doesn't allow pulse dialing
- * Is not regulated at all
- * Is cheap (often free)
- * Typically goes down pretty quickly
- * Is provided by Internet Providers (ISPs)
- * **Is hardly telephone service at all.**

Learn more at www.savelandlines.org

Update from EHT, NBC, AAP

From: Angela T.
To: ehs-wiki-group@googlegroups.com;
Sent: Wednesday, November 23, 2016
Subject: Update from EHT, NBC, AAP

Below is the NBC broadcast on cell phones and brain cancer that includes an interview with the Illinois Institute of Technology scientist who conducted the \$25million US government cell phone rat study.

Also slides from Dr. Joel Moskowitz (UC Berkeley School of Public Health), and Dr. Darius Leczynski (Finland)

Interphone study confirming increased glioma risk
New book by Dr. John West, breast surgeon, on breast health that includes a section on wireless radiation risks.

And much more!

,
Happy Thanksgiving everyone

Angela

From: EHT <info@ehtrust.org>
Date: Wed, Nov 23, 2016
Subject: Groundbreaking Report: IIT Expert Speaks Out on the NTP!

Prevent Survive Thrive: Every Woman's Guide to Optimal Breast Care

Breast surgeon Dr. John West's new book on what women need to know about breast health.
<http://ehtrust.org/prevent-survive-thrive-every-womans-guide-optimal-breast-care/>

Interphone Data Confirms Glioma Risk from Mobile Phones

Read Dr. Lennart Hardell's analysis of the newly published study.
<https://lennarthardellenglish.wordpress.com/2016/11/08/new-results-from-interphone-confirm-glioma-risk-associated-with-use-of-mobile-phones/>

Streaming Instead of Dreaming

JAMA: Mobile devices in bedroom = sleepy children during the day.
<http://jamanetwork.com/journals/jamapediatrics/article-abstract/2571463>

Airpods: Clear Sound, Sleek Styling, and Microwave Radiation

California Magazine's Katia Savchuk explains how "Apple confirmed that the AirPods constantly transmit signals while they are in your ears."
<http://alumni.berkeley.edu/california-magazine/just-in/2016-10-18/clear-sound-sleek-styling-and-microwave-radiation>

Cellphones And Cancer: Is The Risk Real? WTHR's Bob Segall

This 7-minute report features the stories of brain cancer victims Richard Farver and Paul Prischman. Dr. David McCormick, Senior Vice-President and Director of the Illinois Institute of Technology Research Institute, is interviewed on the National Toxicology Program Cell Phone Radiation Study findings.

<http://ehtrust.org/cellphones-cancer-risk-real-investigative-report-wthr-national-toxicology-program-cell-phone-radiation-study/>

Newsweek: How a cell phone radiation warning sign sparked an Epic First Amendment Dispute

Apple and other cellphone retailers are posting the Berkeley city ordinance – the first in the nation – alerting consumers to the federal guidelines on cellphone radiation.

<http://www.newsweek.com/2016/11/11/cellphone-warnings-first-amendment-berkeley-516357.html?rx=us>

New American Academy of Pediatrics Recommendations for Parents: Rethink Children's Cellphone Use

EHT advisor Dr. Ronald Melnick is featured in this public news piece featured in the New Mexico Tribune and Macomb News Now on the response to the NTP study.

<http://www.publicnewsservice.org/2016-11-07/health-issues/parents-advised-to-rethink-cellphone-use-for-children/a54778-1>

"The findings of brain tumors present a major public health concern."

Read Dr. Melnick's factual response clarifying the groundbreaking nature of the study to the BC Provincial Health Officer.

<http://ehtrust.org/ronald-melnick-phd-responds-british-columbias-provincial-health-officer-review-national-toxicology-programs-partial-findings-cell-phones-cancer/>

"Convenience should not take precedence over public health."

In a letter to the FCC about 5G technology, Cindy Lee Russell, M.D., states "We must now stop further increases in exposures" to wireless.

<http://ehtrust.org/cindy-lee-russell-m-d-letter-fcc-5g-review-radiofrequency-health-proceeding-13-84/>

Dr. Dariusz Leszczynski: Slides from three lectures about the health effects of wireless radiation as presented in Melbourne:

"How probable are health effects of radiation from wireless transmitting devices?"

Slides of the SSMA presentation on Sunday, Nov. 20, 2016 (updated 21.11.2016)

<https://betweenrockandhardplace.files.wordpress.com/2016/11/leszczynski-ssma-lecture-nov-20161.pdf>

"Explaining ambiguous science requires high ethics and low conflict of interest"

Slides of presentation at Swinburne University of Technology on Monday, Nov. 21, 2016

<https://betweenrockandhardplace.files.wordpress.com/2016/11/leszczynski-swinburne-lecture-nov-2016.pdf>

"Health effects of wireless radiation--possible or probable"

Slides of presentation at ARPANSA on Wednesday, Nov. 23, 2016 (updated 21.11.2016)

<https://betweenrockandhardplace.files.wordpress.com/2016/11/leszczynski-arpansa-lecture-nov-20161.pdf>

Joel M. Moskowitz, Ph.D. Director Center for Family and Community Health, School of Public Health University of California, Berkeley

Slides from his lecture to MPH students enrolled in the School of Public Health at the University of California, Berkeley

"Wireless Phone Radiation Risks and Public Health"

<https://drive.google.com/file/d/0B14R6QNkmaXuZDNfaUc2cmRlVv0/view>

EHT, PO Box 58, Teton Village, WY 83025

tsiangaw@gmail.com

--

You received this message because you are subscribed to the Google Groups "emfcontacts" group.

Cordless phones

From: InterLinked
To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>
Sent: Friday, November 25, 2016
Subject: Re: [emfrefugee] Cordless phones

A cordless phone is not a solution, DECT or not. Don't settle for anything besides a corded landline!

Naveen Albert
CEO, InterLinked Project - www.interlinked.x10host.com

From: emfrefugee@yahoogroups.com
Sent: Friday, November 25, 2016
To: emfrefugee@yahoogroups.com
Subject: [emfrefugee] Cordless phones

Does anybody know of a cordless phone that doesn't radiate 24/7 that is for sale in the USA? My mother had a cordless phone for years; never bothered me – it was a 900mhz from what I learned. It probably never was a problem for me because it only transmits when in use. She recently got a DECT6.0 and I can feel THAT phone.

Through exhaustive emails it seems overseas they have a menu button you can turn it off from radiating when not in use but that doesn't apply here in USA. I think they just love sickness and cancer here...

Anyway was wondering if anybody knows of any for sale in the USA that only radiate when in use or where I could possibly buy an old 900 mhz?

Thanks

EMF-Omega-News 26. November 2016

From: "BI-CI Omega
Sent: Saturday, November 26, 2016
Subject: [emfrefugee] EMF-Omega-News 26. November 2016

Dear Sir, Madam, Ladies and gentlemen, dear friends,

For your information.

Best regards,
Klaus Rudolph
Citizens' Initiative Omega
Sometimes the links are missing. You can always find them here: <http://www.buergerwelle.de/en/>
<http://www.buergerwelle.de/en/news/newsletter/>
<http://www.mastsanity.org/health-52.html>

Multiple Studies Show Electromagnetic Pollution To Be a Factor in Cancer and Other Diseases

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7673/>

More evidence that mobile phone radiation affects sperm and DNA and contributes to brain tumours

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7671/>

EU LEGAL concerning the alleged failure by the EESC

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7669/>

An Examination of Corporate Manipulation and Vested Interest in Public Health

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7677/>

Campaigners' 'fear' over plans to install new mobile phone mast

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7670/>

Concerns over Coorabell NBN tower

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7672/>

Parents' health fears over phone mast plan

<http://www.buergerwelle.de:8080/helma/twoday/bwnews/stories/7676/>

News from Mast Sanity

<http://tinyurl.com/2vhcbl6>

<http://tinyurl.com/aotw3>

Our links:

<http://tinyurl.com/yjpu7wg>

<http://tinyurl.com/93epp>

<http://tinyurl.com/9w2sx>

<http://tinyurl.com/aotw3>

<http://tinyurl.com/oya9t>

<http://tinyurl.com/jyemw>

<http://groups.yahoo.com/group/EMR-EMF/>

<http://groups.yahoo.com/group/emf-omega-news/>

Note: Editor and responsible for the content: Citizens' Initiative Omega. Our messages are the result of many hours of daily research, roundup and editing.

If you have information which you would like to share with your friends and colleges around the world and which are from common interest, please send us this information, we will send them out.

Disclaimer:

The information in our EMF-Omega-News are derived from sources, which we believe to be accurate but this cannot be guaranteed.

We are not responsible for any errors or omissions and disclaims any liability incurred as a consequence of any of the contents of this resources.

Is it possible to hardwire a Roku TV using a Cat5 ethernet to HDMI converter?

From: vifkat
To: emfrefugee@yahoogroups.com
Sent: Saturday, November 26, 2016
Subject: [emfrefugee] Is it possible to hardwire a Roku TV using a cat5 ethernet to HDMI converter?

Hello EMF refugee comrades,

I'm hoping that one or more of you has the technical knowledge and/or experience to help me with my question ...

I am renting in a home where, unfortunately, my housemate has a Roku TV (Insignia LCD TV, model number NS-32DR420NA16) that relies on Wi-Fi to watch it. Everything else in the home is hard-wired via ethernet, so we can keep the Wi-Fi turned "off" on the wireless router except when my housemate is watching TV (which is a lot). The Roku TV does have an HDMI port, which has made me wonder if it would be possible to use a Cat5 ethernet ("female end") to HDMI ("male end") converter to successfully stream to the TV without relying on a Wi-Fi signal? There's many such type converters available for purchase online, such as on Amazon; I'm just not sure if it would actually work from a technical standpoint ...

If any of you know the answer to this, I would greatly appreciate your insight and feedback!

Many thanks in advance :)

From: Guy
To: emfrefugee@yahoogroups.com
Sent: Sunday, November 27, 2016
Subject: [emfrefugee] Re: Is it possible to hardwire a Roku TV using a cat5 ethernet to HDMI c

Look for an ethernet socket in the back of the TV and connect to that. Meanwhile make sure the TV has Wi-Fi switched off and check that it is off with an electrosmog meter.

From: Katelynn
To: "emfrefugee@yahoogroups.com" <emfrefugee@yahoogroups.com>
Sent: Sunday, November 27, 2016
Subject: Re: [emfrefugee] Re: Is it possible to hardwire a Roku TV using a cat5 ethernet to HDMI c

Hi,

Thanks for responding with your suggestion. I wish it were as easy as having an ethernet port in the back of the TV, because then I wouldn't need a converter! But, this particular model of Roku TV doesn't have an ethernet port; just a USB one and two HDMI ones. Which really bothers me ... it's a case-in-point of how the industry is moving toward making more and more products that are only Wi-Fi-ready :(Here's a link to the specs:

Insignia - 32" Class (31.5" Diag.) - LED - 1080p - Smart - HDTV Roku TV - Black
<https://www.insigniaproducts.com/pdp/NS-32DR420NA16/1242815>

I do have an Elektrosmog HF35C, which I use to check all of my devices and set-ups to make sure I'm in the clear :)

Thanks again for taking the time to respond with your suggestion!

From: MJ
To: emfrefugee@yahoogroups.com
Sent: Sunday, November 27, 2016
Subject: Re: [emfrefugee] Is it possible to hardwire a Roku TV using a cat5 ethernet to HDMI c

I may be missing something here, but in case this helps: you can get Ethernet to USB adapters for under \$20. Check amazon.

From: Guy
To: emfrefugee@yahoogroups.com
Sent: Monday, November 28, 2016
Subject: Re: [emfrefugee] Is it possible to hardwire a Roku TV using a cat5 ethernet to HDMI c

Try downloading the user manual from Roku. Check out what the USB port is programmed to support. If it supports Ethernet, then try buying a USB-to-ethernet adaptor. Also try searching you tube for how to connect a Roku to ethernet. Hope this helps
Guy

Envi High-Efficiency Whole Room Plug-In Electric Panel Heater

From: Jane
To: emfrefugee@yahoogroups.com
Sent: Sunday, November 27, 2016
Subject: [emfrefugee] Envi High-Efficiency Whole Room Plug-In Electric Panel Heater

This heater is supposed to be very efficient and uses low electricity. I see that it is convection and I know that convection stoves and particularly induction stove tops are very bad EMFs according to Magda Havas.

Does anyone know if EMFs are safe or even tolerable with these heaters? I don't have one nearby to test. They are supposed to be better for allergies etc.

Thanks, Jane

<http://www.eheat.com/categories/Wall-Mounted-Electric-Panel-Heaters/>

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Sunday, November 27, 2016
Subject: [emfrefugee] Re: Envi High-Efficiency Whole Room Plug-In Electric Panel Heater

"High efficiency" electric heaters are a marketing scam; ALL electric space heaters are 100% efficient. There is no such thing as a low-efficiency electric heater; all the power used heats the room.

For those with MCS, heaters are a big problem; look for epoxy powder coated units, preferably with small heating elements. Heaters that do "low" power via a diode to cut the effective voltage in half have bad EMI problems from the diode. Diodes have a tiny burst of emissions when they start and stop conduction. It's audible on the AM radio as a 60 or 120Hz tone. Sometimes the "low" diode can be bypassed easily as in the old Farenheat units. Where it can't be eliminated, a 0.1uF metal film capacitor can be used as a snubber for the diode, parallel to the diode and as close as possible to it. That reduces the diode EMI significantly, though it is still present. It's best to just avoid them entirely.

The oil-filled steel radiator style units CAN be OK, since they use a compact element, and can be found with powder coat finish. Beware of any units with digital features, diodes, etc. I'm sorry, but I'm not up to date on current products on the market.

Avoid direct electric baseboards. Magnetic fields are a function of frequency (60Hz in this case) x current x current loop area, and the direct electric baseboards have a large current loop. Electric hot water baseboard units have the same style compact heating elements as the oil filled radiator and can be good if paint and electronics or diodes are avoided or bypassed.

Incandescent bulbs (150 watts) and incandescent heat bulbs (white or red, 250 watts) in ceramic sockets make good heaters for those with MCS. I made a three-sided tower of 9 – 150-watt bulbs (total 1350 watts if all bulbs screwed in) with ceramic sockets and some galvanized sheet metal for my new severely MCS/ES neighbors when they were renting an on-grid home. I think our total cost was about \$60. Using 18G silicone insulation wire for the connection to the sockets means no hot plastic wires. He put a coil of galvanized sheet around it to reduce the light into the room.

If you have wiring errors in the circuit you're using for the heater, you can get high (>2 milligauss) magnetic fields, even 10 feet away from the heater. If so, run a round extension cord to a different circuit and disconnect that bad circuit's breaker until you can have someone fix it. The most common problem is two different circuit's neutrals connected together. All that's needed is to find it (which can take an hour or two) and add another wire nut. Wiring errors can ALL be found with an ohm meter at the power panel. If someone would like a copy of an article I wrote on the process, then email me.

Best Wishes,
Bruce

What are connected cars and why is Samsung investing \$8bn in it?

Company believes technology is key to future of driverless cars

As the Internet of Things umbrella expands, new niche industries are being established. Among them is the so-called 'connected technologies' marketplace which, according to technology forecasters, is expected to grow to \$100bn by 2025.

Cars, in particular, are expected to push much of this growth, with research firm Gartner predicting that by 2020, one in every five vehicles will be outfitted with some form of wireless network connection.

Rather than define the technology with some dictionary-esque explanation, it's better to give a few examples of what this technology will be able to do for its owners. For one, connected cars will be able to assess the driver's health as they travel. It can provide automatic leaving and arriving alerts for friends and family. And GPS navigation will also improve, with current information as it relates to traffic conditions.

Simple services, sure, but a new frontier for the automobile industry as a whole.

Samsung has stepped forward and quite literally bought into this new industry, with the announcement that it has purchased automotive electronics-maker Harman International Industries for \$8bn. The move is seen as a way for the company to make immediate in-roads into the burgeoning connected car industry.

The purchase is easily the biggest overseas transaction the South Korean firm has ever made. Samsung reps officially described automotive electronics as a "strategic priority" for the company. This point is confirmed with the company's decision last year to create a new business division that focuses exclusively on automotive electronics; thereafter, it invested in BYD, a Chinese carmaker.

Harman, the company Samsung is buying, is based out of Connecticut. Its products are already used in 30 million cars.

"The vehicle of tomorrow will be transformed by smart technology and connectivity in the same way that simple feature phones have become sophisticated smart devices over the past decade," said Young Sohn, Samsung's president and chief strategy officer, in a statement.

Via BBC

By Jeffrey Bausch

Source:

http://www.electronicproducts.com/Automotive/Research/What_are_connected_cars_and_why_is_Samsung_investing_8bn_in_it.aspx

Las Vegas paves streets with kinetic tiles that generate energy through foot traffic and power street lights

The streetlights also double as Wi-Fi ports and device-charging locations

EnGoPlanet, a New York-based company, has installed four streetlights near the Las Vegas Strip to be powered by solar and kinetic energy. This is the world's first installation of this kind of off-grid lighting technology with both kinetic and solar energy. The lights will go on to energize several environmental monitors, help video surveillance, and even provide USB ports for those with low battery status on their devices.

"We think this can be a good substitution or alternative to traditional streetlights," said Petar Mirovic, CEO of EnGoPlanet, to the Las Vegas Review-Journal. Mirovic also believes that the solar- and energy-powered lights could eventually end up in other places, such as New York City parks.

The Las Vegas streetlights include a solar panel crest, reportedly generating 4 to 8 Watts just from pedestrians walking on them. With the amount of energy depending on the step, this collection of energy gathers in a battery to be used at night. The lights also have sensors that gather data, can monitor air quality, and include Wi-Fi hotspots.

Las Vegas Mayor Carolyn Goodman mentioned the project's efforts to emphasize the city's alternative energy plans, which have been implemented through alternative fuel vehicles and a possible 'innovation district' in the city's downtown area. Mirovic emphasized the importance of having this alternative energy option, citing the Northeast's response to Hurricane Sandy as inspiration for the streetlights.

"We couldn't charge our phones, we couldn't do anything," he said. "We talked about how clean energy is all around us, but cities don't have the infrastructure to harvest and store the energy."

Long-term goals for the Vegas lights include cutting down on the approximate 100 million tons of CO2 released annually to power 300 million streetlights worldwide. The color LED light fixtures can even be updated for holidays or special events.

"Our generation has the moral responsibility to transform our energy system," said Mirovic. "[This] will revolutionize the way we illuminate streets. With many features, these street lights will make cities smarter."

Sources: ArsTechnica, CleanTechnica, Las Vegas Review-Journal

http://www.electronicproducts.com/Sustainable/Solar/Las_Vegas_paves_streets_with_kinetic_tiles_that_generate_energy_through_foot_traffic_and_power_street_lights.aspx

'Sunset' of Landlines

From: Katie

To: savelandlines@groups.electricembers.net

Sent: Tuesday, November 29, 2016

Subject: [savelandlines] "sunset" of landlines

Century Link would like to eliminate landlines. On July 14, 2016, the FCC paved the way for the 'sunset' of landlines at the federal level. Now, states must enact similar rules. Once these rules pass, only cellular phones and voice over Internet protocols (VOIPs) such as Magic Jack and Skype, will be available.

The FCC has requested Comments about Century Link's request. Comments are due Wednesday, November 30. Here are directions for submitting a Comment to the FCC:

<http://www.electronicsilentspring.com/comments-fcc-centurylink/>

Please also send your concerns to your state legislators.

My Comment will state that

a) We *need landlines* for emergency preparedness, since mobile phones and VOIPs do not work during power outages (unless you've got industrial strength battery backup).

b) We *need landlines* because the second anyone goes wireless, they risk interception. Hacking already endangers individuals, schools, banks, the health insurance industry, other businesses and governments. The cost of maintaining software to guard against hacking rises exponentially at a time when budgets are being slashed.

c) We *need landlines* because the National Inst. of Health's National Toxicology Program study, released on May 25, 2016, definitively shows that 2G cell phone radiation causes malignant brain and heart tumors and damages DNA. Pregnant women, children, people with medical implants and the infirm deserve the choice of using a corded landline telephone. The FCC and state legislators have fiduciary responsibilities to protect this choice.

<http://www.saferemr.com/2016/05/national-toxicology-progam-finds-cell.html>

A bill to 'sunset' landlines in California, proposed earlier this year, did not pass because legislators received a flood of phone calls and in-person lobbying from common citizens. For more info, visit www.savelandlines.com.

From: Gary Vesperman <savelandlines@groups.electricembers.net>
To: Katie; "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>
Sent: Tuesday, November 29, 2016
Subject: Re: [savelandlines] "sunset" of landlines; my FCC Comment re Century Link's application to discontinue landline service

If it is at all helpful, attached is my Comment to the FCC regarding CenturyLink's application to discontinue landline service. Use as you see fit.

Gary Vesperman

Gary Vesperman's Comment re CenturyLink's application to FCC to discontinue landlines nationwide

Please include this Comment re CenturyLink's application to the Federal Communications Commission (FCC) to discontinue domestic telecommunications services nationwide in WC Docket No(s). 16-383, Comp. Pol. File No. 1362.

Since 1986 when I moved to Henderson, Nevada and in 2009 when I moved to Boulder City, Nevada I have used CenturyLink's wired telephone service. My telephone number for 30 years has been the same – 702-435-7947.

Because I am hard-of-hearing I use a land-line telephone with an amplified speakerphone plus my two hearing aids in order to be able to clearly hear voices. I am not able to hear very well with wireless 'mobile' telephones. So I am very dependent on my landline telephone to talk with people.

So therefore I desperately want the FCC to not allow telephone carriers to discontinue wired landline service.

The FCC should not reverse mandates on telephone carriers that have been in place to protect consumers for years.

We need landlines for emergency preparedness, since mobile phones and VOIPs do not work during power outages (unless you've got industrial strength battery backup).

We need landlines because the second anyone goes wireless, they risk interception. Hacking already endangers individuals, schools, banks, the health insurance industry, other businesses and governments. The cost of maintaining software to guard against hacking rises exponentially at a time when budgets are being slashed.

CenturyLink's proposed action to discontinue wired telephone service is a direct assault on the national security of the United States. Removal of wired telephone service removes any type of backup communication in case of an electromagnetic pulse attack which is sure to come! This is a very bad idea! God help us!

Americans would also lose personal SECURITY; a real threat to us all! Are the FCC and CenturyLink crazy or what? It's a good way to get more control for those who 'own' both ends and rule the 'middle' too! ...it's just more control by Big Government!

We need landlines because the National Inst. of Health's National Toxicology Program study, released on May 25, 2016, definitively shows that 2G cell phone radiation causes malignant brain and heart tumors and damages DNA. Pregnant women, children, people with medical implants and the infirm deserve the choice of using a corded landline telephone. The FCC and state legislators have fiduciary responsibilities to protect this choice. <http://www.saferemr.com/2016/05/national-toxicology-program-finds-cell.html>

Wired telephone service is the safe alternative to wireless telephone service. This summer I wrote three books describing the hazards of electromagnetic radiation from wireless devices such as cell phones, cell towers, smart meters, Wi-Fi, and wireless computers, keyboards, mice, laptops, routers, and printers. The three books, attached to this filing, total 600 pages and are linked at padrak.com/vesperman and commutefaster.com/vesperman.html. I am currently writing a fourth book on wireless radiation hazards that is headed for well over 200 pages of new disturbing wireless radiation hazards reports. (Already posted in commutefaster.com/vesperman.html. I am now writing my fifth book. GV)

My two websites also link to 35 additional authoritative reports on dangerously unhealthy radio frequency electromagnetic fields.

People living near cell towers and Wi-Fi transmitters may be exposed to dangerously strong high-frequency electromagnetic radiation which is added to the radiation from their cell phones and wireless computers: At certain frequencies, wireless signals – far weaker than the FCC's current safety standards – pull structurally important calcium ions off of our body's cell membranes, weakening and causing them to leak.

Having its meticulously balanced systems destabilized, even slightly, by wireless triggered leakage wrecks biological chaos – subverting the integrity of the body's intricate defense mechanisms and leaving it vulnerable to all manner of damage. Many symptoms of high sensitivity to powerful radio waves can thus be explained: Leaking skin cells cause rashes, tingling, numbness, burning sensations; leaking heart cells trigger potentially life-threatening heart complications; in the inner ear, leaking cochlear cells trigger tinnitus and leaking vestibular cells cause dizziness and other symptoms of motion sickness, including nausea. Electrohypersensitivity is similar to severe allergies to foods such as nuts.

The long list of biological malfunctions includes DNA damage, genetic changes, breakdown in intra-cell communication, protein damage, immunological function changes, reproductive system damage, decreased sperm counts, cell damage and death, brain-blood barrier leakage, brain nerve cell damage, free radical increases, melatonin decreases, possible linkage to auto-immune diseases like MS, embryonic cell damage, fetal defects, heritable birth defects, high blood pressure, diabetes, depression, insomnia, memory problems, autisms, infertility, hormonal imbalances, brain disorders, protein and peptide damage, kidney damage, brain tumors, breast cancer, Alzheimer's disease, muscle and head aches, chronic fatigue syndrome, weakened bones, and literally hundreds of potential illnesses related to leakage in cell membranes throughout the body.

Sweden already has 270,000 people who are on disability for related impairments. Millions of people in Germany complain of all kinds of nervous disorders and of a new common illness, called 'burnout syndrome'.

We are all already being injured by wireless radiation below the minimum level of detectable symptoms. About 1% of Americans may already be suffering from electrohypersensitivity. The Russians were the first to call the condition 'microwave sickness' – reversible in the early stages, lethal over time.

One of the more comprehensive arguments for banning Wi-Fi, cell phones, and other wireless radiation devices is linked at <http://wi-cancer.info/home.aspx>.

I have seen it claimed that wireless radiation (electrosmog) from cell towers, Wi-Fi, smart meters, smart phones, wireless laptops, etc is slowly but surely causing a global medical and biological catastrophe.

Wireless radiation is also weakening reinforced concrete in buildings and other structures. An overpass in Canada and a water tower in France have already collapsed from weakened concrete.

Some time ago I had written to the Clark County School District suggesting that their students should not be exposed to toxic electromagnetic radiation from Wi-Fi, wireless laptops, etc. The CCSD includes the Las Vegas metropolitan area and is the 5th largest school district in the nation with over 320,000 students in 357 schools and over 40,000 employees.

November 10, 2016 I received a letter from the CCSD's Instruction Unit via certified mail. They simply claim that their wireless equipment complies with "... current federal guidelines as aligned to the Federal Communications Commission requirements."

I happen to know that FCC wireless radiation equipment safety standards for particular wireless devices are based on placing devices next to a bucket of 'imitation brain juice' (salt water). If the wireless device does not heat up the imitation brain juice, the FCC in its infinite regulatory wisdom rules that the device is safe! Never mind the thousands of medical studies that have been conducted all over the world concluding that the electromagnetic radiation from wireless devices is toxic to humans and also plants and animals. Never mind my three books, totaling 600 pages, on wireless hazards and my compilation of 35 wireless radiation hazards reports linked at my two aforementioned websites. Never mind the photographs shown below of cell phones adversely affecting blood cells and calves deformed by cell tower radiation.

The cell phone, Wi-Fi, smart meter, and wireless computer companies are desperately trying to keep the lid on the hazards of wireless radiation in order to protect their enormous profits. Already, Nokia is a defendant in 19 separate lawsuits filed in Washington, D.C., alleging that radio emissions from cell phones caused their brain tumors. The lawsuits allege an industry-wide conspiracy to manipulate the science and testing around emissions guidelines – and the world will be watching as this drama unfolds.

The insurance companies refuse to insure against the ultra-high risks associated with wireless devices. Insurance companies are already modeling the cost of a brain cancer epidemic 2020-2030! It seems reasonable to expect that lawsuit settlements will become so expensive that wireless device manufacturers will eventually cut their losses and give up making and selling wireless devices.

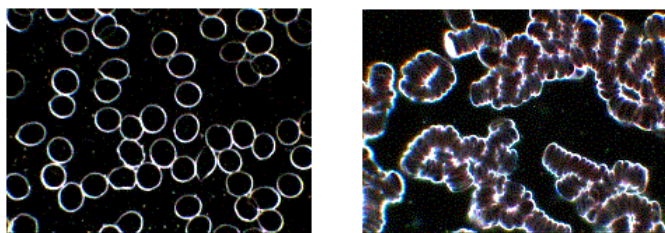
All parents of CCSD students should be deeply disappointed that the people at the CCSD's Instruction Unit have chosen to cowardly stand behind buckets of imitation brain juice, via certified mail (!), instead of intelligently discussing point by point some of the many arguments against exposing their students to dangerously toxic wireless radiation.

The bottom line is that all of us should minimize exposure to wireless radiation as much as possible. Children should especially not play with smart phones and be exposed to Wi-Fi in their schools.

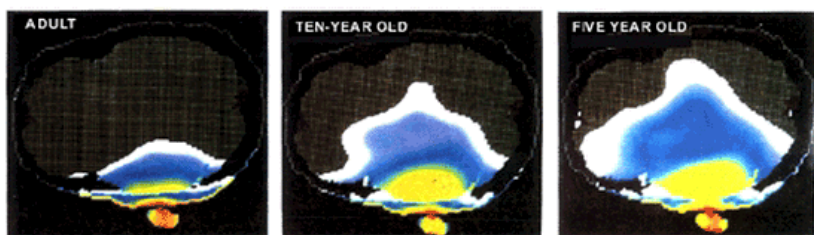
Page 12 of "Possible Hazards of Cell Phones and Towers, Wi-Fi, Smart Meters, and Wireless Computers, Printers, Laptops, Mice, Keyboards, and Routers Book Two", linked at padrak.com/vesperman and commutefaster.com/vesperman.html, displays these images:

Images of Red Blood Cells, etc Affected by Electromagnetic Wireless Radiation

See pages 16, 17, 24, 25, 27, 28, 30, 32, 76, 77, 78 and 162. Examples:

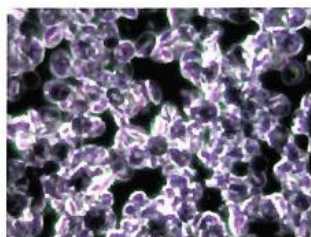
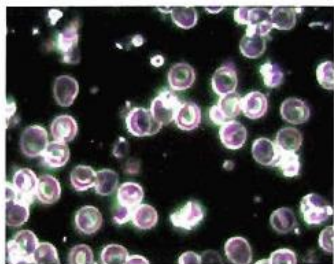
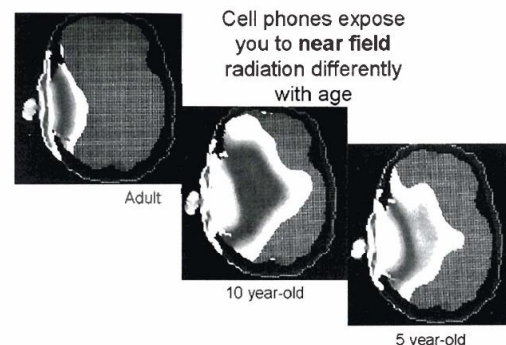


Red Blood Cells Before and After a 90-Second Cell Phone Call



The amount of radiation penetration of a skull for an adult, a 10-year-old child, and a five-year-old child.

How Cell Phones Penetrate



Disrupted red blood cell intercellular communication occurs within minutes of exposure to information carrying radio waves. Red blood cells must be able to sense the location of other blood cells to avoid clumping. Slide at left: prior to cell phone exposure – red cells are functional. Slide at right: after five minutes on a cell phone – red cells are clumped and non-functional.

Deformed cows near cell phone towers in Germany are just one example among many animal deformities appearing around the world. Research has also connected the worldwide disappearance of frogs, birds, and insects [most recently bees] with the dramatic increase of electrosmog permeating our planet.



I have attached some documents describing wireless radiation hazards that should be included in the public commentary record for WC Docket No(s). 16-383, Comp. Pol. File No. 1362.

Again, the FCC should not allow wired telephone service providers such as CenturyLink discontinue their wired telephone services. Are businesses expected to lose their wired telephone services as well as residences? Seems unfairly discriminatory in favor of businesses and against residences.

Gary C. Vesperman
588 Lake Huron Lane
Boulder City, NV 89005-1018
702-435-7947
garyvesperman@yahoo.com

From: InterLinked CEO
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Tuesday, November 29, 2016
Subject: Re: [savelandlines] "sunset" of landlines; my FCC Comment re Century Link's application to discontinue landline service

Nice work Gary! Nice way to tie the evidence and the facts and arguments together!

Your Word doc says you spent 4 hours and 52 minutes writing this. Whether that's true or not, way to hit this one out of the ballpark!

Naveen

From: Bob
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Tuesday, November 29, 2016 10:52 AM
Subject: Re: [savelandlines] "sunset" of landlines; my FCC Comment re Century Link's application to discontinue landline service

This is interesting Gary – I live in an area (Bob lives in the mountains west of Denver) where we have unreliable satellite communications have NO cable access and there no VOIP ability. There is no reliable cellphone coverage.. Our only lifelink is a very tenuous seldom reliable hardline and one backup fax line..

From: Mark
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Tuesday, November 29, 2016
Subject: RE: [savelandlines] "sunset" of landlines; my FCC Comment re Century Link's application to discontinue landline service - Urgent!

Gary: Thanks for the message. I have never owned a cell phone; so I like my landline. So CenturyLink is trying to eliminate landline phones?? What about the millions of such phones in offices? Thanks, Mark

From: Jon
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Wednesday, November 30, 2016
Subject: Re: Deadline Nov. 30 – Submission to FCC re: “Sunset” of landlines

...the following was submitted to the FCC 30 Nov 2016: SJ1

Brief Comments: I am against this proceeding as this action is a direct assault on the National Security of the United States! It also removes any type of backup communication in case of an EMT attack which is sure to come!! This is a very bad idea! God help us !

On Wednesday, November 30, 2016, Jon wrote:

30 Nov 2016

Gary: you also lose SECURITY; a real threat to us all! Are they crazy or what? It's a good way to get more control for those who "own" both ends rule the "middle" too! ...it's just more control by Big Govrn!

john b

SLL TeleConference Call Today – Agenda, Minutes and other important info – please read

From: InterLinked CEO

To: "savelandlines@groups.electricembers.net" <savelandlines@groups.electricembers.net>

Sent: Tuesday, November 29, 2016

Subject: [savelandlines] SLL TeleConference Call Today – Agenda, Minutes and other important info – please read

Hi all,

I was able to take some notes during the conference call today. Please see below if you were not able to make it or missed part of it. I copied and pasted the notes right into this email. If you have Microsoft Word, it may be easier to open the attachment I have also attached,

We are thinking about moving our conference from 1:15 Pacific to 1:10 for next time (not official yet). Right now, it looks like we won't be having any more conferences until the new year – maybe sometime in January or even February depending on availability,

*Please consider joining our next conference. We are hoping for higher turnouts! Please let us know: what would make you able to join the next conference? A different time? A different day? If you have suggestions, simply respond to this email and we'll try to make this work for everyone!

Please take some time to skim the notes below. Much of what is mentioned is important. Also, be sure to read below about filing an FCC docket DUE TOMORROW if you have not done so already!

Save Landlines Conference Call Minutes

11/29/2016

1:15 PST

Attendance (for any duration of the call)

Naveen, Wisconsin (Waukesha)

Steve, California

Isis, California (Oakland)

Sandy, New York

Katia, California (Santa Rosa)

Overview

FCC Docket

Occupy EMF Harm group

Landlines in our movement

Minutes

There was a question about whether or not it is safe to file comments with the FCC – as in is there a hazard to posting your address and email address online? There may be a way not to include all of your information by filling in address/phone and other parts of the form with ‘choose not to disclose’ or just a city and/or state instead of the exact home address.

Steve is filing the WC Docket 16-383 (see instructions from Kevin Mottus at bottom)

http://transition.fcc.gov/Daily_Releases/Daily_Business/2016/db1115/DA-16-1280A1.pdf

There is a docket deadline on the 30th – please write something by Wednesday!

Using a template for FCC dockets may save time

Norman Goldman show every evening at 3pm Pacific for three hours – activist, used to be on the radio – now it’s an internet stream out of LA.

Occupy EMF Harm calls are on the website/through InterOccupy’s system. They were taken down because they were having some technical problems. They are not available on the website because Occupy EMF also had some problems so it is not on the website.

All the calls are copied and saved but just not available on the website. It may be a while. They should be available in a couple weeks.

We discussed the possibility of links to recordings being sent out weekly after the conferences so that everyone has a chance to listen before the information contained within the call becomes too outdated.

We may be taking the ‘Occupy’ name off – some like and some don’t like the name. What do you think? Do you like the Occupy name? Email wirelessaction@outlook.com with your opinions!

Sandy is looking for some more people to attend some Holiday/Christmas planning to save children from cancer-gifts (getting wireless devices for the holidays). Christmas trees, which are almost always treated with pesticides, can also be a big issue for people with chemical sensitivities.

Please join the Occupy call Thursday at 11am Pacific if you would like to discuss this further

An inauguration strike is currently being organized in Oakland and in other cities around the country.

Sandy is unable to use any wired solutions. She uses her iPhone on speakerphone.

Some people don’t contribute because they feel that other people are working on this issue

There are a lot of Trump supporters in our community. The rest are not as aware of this issue as the right wing. Some people have come out however, including movie stars, Jill Stein, and Bernie Sanders. The Peace and Freedom Party have also publically opposed smart-meters. Why not get Bernie Sanders on one of the Occupy calls?

Many organizing lists are being hacked and compromised right now. There is a very real possibility of file loss.

Many services have a warrant canary, which means that every so many months they update that saying that they haven't received any National Security warrants... If it has not been updated then it very likely means they have received a warrant which means they aren't allowed to disclose (gag order); so it is very possible there have been compromises – Rise Up for example has not updated their canary.

Rise Up would rather shut down all their services than hand over information to the government, like Lavabit did. If you have anything on Rise Up, back it up in case they decide to pull the plug!

A couple times lawyers have gotten them out of it, but we don't really know right now

None of us should assume that email correspondence is secure. Really sensitive information should be conveyed face-to-face (or over secure landline connections).

Companies like Time Warner are not letting their customers know their phone is connected to the Internet

Isis: Those of us with landlines are pressured to give them up. Isis says that AT&T refused to provide DSL service to her, and had to seek an alternative wired provider to provide the same service over AT&T's copper wires. They are being very coercive.

Sandy: What are they going to do with all the copper wires across the country? Isis: They probably wouldn't just let it go. They'd probably want to get some money off of it – whether it means selling it, or destroying it to reduce choice. This is similar to what was done with analog utility meters

They might be connect copper with fiber or wireless at different nodes, so it's not as reliable

Isis's copper wires have been going down repeatedly for five or six years and they aren't good at fixing it. The people working for resellers are often not as well trained, are not union, and sometimes cross wires and then AT&T has to come out and fix it, and they don't want to come out and fix it.

Isis: There is a movement for smart-meters and wireless in general but people are kind of shrugging the landlines cause off. Isis emails thousands about the conference calls and each month only three or four people join the call. Many people contact us and say they like what we're doing, but they don't get more directly involved.

There isn't much of an understanding as to what a united front is. Our unity is being destroyed by not focusing on points of unity we can agree on, and trying to force other issues on the group we don't all agree on.

Even though we have a lot of support, they don't all show up for organizing meetings. They may send money, donate flyers, comment on a docket or show up for a protest. The size of our support unfortunately cannot be judged by our organizing meetings.

Angela Paige – upper Delaware area – 800 people in Yahoo groups – she is advertising the Save Landlines teleconference calls in her group (great network).

There is also a group called “Safe Antennas” in New York which was put together years ago. It is still called “Safe Antennas” because they believed at the time that antennas could somehow be made safe. One of the people involved with that group is Mitchel from the Brooklyn Greens and No Spray Coalition (focused largely on pesticides).

There are a lot of people on our side, but they’ve given up because it was already too late for them and are faced with wireless. Isis got yelled at a year ago by someone who said “Where the hell were you when we needed you?”

Triple-packages by cable companies are cheaper than offering a landline, which is a bad situation for our cause

We need really to be an international group because this is an international issue.

Sandy knows someone with a 200-acre farm. This area is being considered by some investors for a community. Isis doesn’t want to go near the East Coast because of the Gypsy Moth programs (way too much spraying of pesticides).

Katia is just trying to make her house safe. Some people in the community know about this as well. She has gone and helped a couple of people out figuring out what’s going on in their homes (middle-class senior homes, 1-story high, Valley of the Moon). One part of the community has a cell tower across the street.

Smart-meter remediation for the neighbor – neighbor likes smart-meter because she has a pacemaker that sends information directly to her doctor and does not seem to be aware that the technology can interfere with the pacemaker.

Santa Rosa has AT&T for landlines. AT&T seems to be fine here since this community is off the beaten path from Santa Rosa – copper wires (good!).

Are however pushing U-Verse (internet phone) which would be cheaper.

Katia said her landline went out once because the two systems are tacked together and split at a certain point (complicated).

People with EHS often develop MCS and vice-versa.

Naveen has reduced the radiation in his bedroom using aluminum foil shielding.

There is a really intense antenna near Jack London Square in Oakland – maybe KTVU channel 2?

We have made a dent in the aggressive move to the Internet of Things and the wireless issues. People are starting to care a little more and pay a little more attention.

As more people have gotten sick, people have paid more attention. We’ve come a long way.

Follow-up

OccupyEMF has two Yahoo lists:

<https://groups.yahoo.com/neo/groups/emfhousing/info>

<https://groups.yahoo.com/neo/groups/emsmcsharmnetwork/info>

Email Sandy for audio recordings of the weekly Occupy EMF calls.

Instructions for comments to FCC due tomorrow: (Truncated)

Please Support InterOccupy Today

From: Sandy
To: savelandlines@groups.electricembers.net
Sent: Wednesday, November 30, 2016
Subject: [savelandlines] Fwd: Please Support IO Today

Begin forwarded message:

From: "InterOccupy News" <news@interoccupy.net>
Date: November 30, 2016
To: Sandy
Subject: Please Support IO Today
Reply-To: "InterOccupy News" <news@interoccupy.net>

Dear Interoccupy Supporter:

We are an independent, ad-free, all volunteer communications working group that has served the burgeoning grassroots movement for social justice every day for the past five years, and we're asking for your support.
https://org2.salsalabs.com/o/7315/donate_page/donate-interoccupy

Our organization is special because we make it our priority to build communications infrastructure where there is none. Our focus is to help build power through connecting and coordinating
<http://interoccupy.net/about/history-of-io/> the massive, spontaneous, and transformative energy that has erupted in the US since the advent of the Occupy Movement.

InterOccupy (IO) is proud of our unglamorous support of the movement. We're dedicated to the ongoing provision of free conference calls <http://interoccupy.net/services/request-a-call/> and websites <http://interoccupy.net/services/start-a-hub/> to any grassroots group that needs them.

We do all of this with zero budget and an all-volunteer crew. It is only possible with your support. We know it is likely you don't have a lot to spare, but anything and everything helps. Please do your part today. It takes just a couple of minutes to make sure that Interoccupy.net is there for you and everybody else in 2017.

DONATE

Here are some highlights of where we've been effective in providing infrastructure to the movement:

2016

Conference Calls

TPP Resistance <http://www.flushthetpp.org/>

The People's Revolution National <https://www.facebook.com/PeoplesRev/>

The Occupy Weekly Press Briefing call morphed into:

<http://interoccupy.net/events/democracy-movements-weekly-international-press-briefing-3-2016-12-01/>

Democracy Movements Weekly Press Briefing <http://interoccupy.net/events/democracy-movements-international-press-briefing-africa-europe-middle-east-2016-12-13/>

Democracy Movements International Press Briefing: Africa, Europe, & Middle East
<http://interoccupy.net/events/democracy-movements-international-press-briefing-africa-europe-middle-east-2016-12-13/>

Democracy Movements Int'l Press Briefing for Asia & the Pacific <http://interoccupy.net/events/democracy-movements-international-press-briefing-for-asia-the-pacific-2-2016-12-21/>

OWS 5th Anniversary Special Call <http://interoccupy.net/blog/mic-check-where-are-we-now/>

Electro Magnetic and Microwave Frequencies Harm <http://interoccupy.net/events/electro-magnetic-radiation-microwave-frequencies-call-2016-12-01/>

Close Indian Point <https://closeindianpoint.wordpress.com/>

In 2015, IO tech assistants were called upon to assist on racial justice, climate justice and social justice Maestro calls for other groups. We have helped tech and train new maestro tech assistants for SURJ (Showing Up For Racial Justice), Ferguson Action Network, grassroots Bernie, and other organizing groups, and in 2016, TAs for the People's Convention in Philadelphia, as well as continuing to help SURJ, and Movement for Black Lives. Trainings are still free. We ask trainees to pay this free skill forward by making at least one call for a group other than their own. We provide an email list and call spreadsheet to facilitate this collective work.

We do all of this with zero budget and an all-volunteer crew. It is only possible with your support. We know it is likely you don't have a lot to spare, but anything and everything helps. Please do your part today. It takes just a couple of minutes to make sure that Interoccupy.net is there for you and everybody else in 2017.

The IO Team

Using real-time spectrum analysis to efficiently troubleshoot interference issues in wireless systems

Continuing advances in digital signal processing and analog-to-digital converters are putting RTSA within reach of more users

Interference is becoming more common and more severe in today's increasingly crowded wireless spectrum. Given the complex and dynamic nature of many wireless signals, equally dynamic measurement tools are needed to effectively troubleshoot and maintain deployed systems.

One such tool is real-time spectrum analyzer (RTSA) capability, which provides high-speed, gap-free measurements and a variety of informative display modes. When these functions are added to a handheld spectrum or combination analyzer, field personnel can use a single instrument to detect, locate, and resolve issues such as co-channel interference and uplink interference (Fig. 1). Continuing advances in digital signal processing (DSP) and analog-to-digital converters (ADCs) are putting RTSA within reach of more users.



Fig. 1. With frequency coverage to 50 GHz and RTSA functionality, advanced handheld analyzers enable efficient troubleshooting of interference in the field.

Reviewing common interference issues

Any type of interference can have a profound effect on performance metrics such as quality of service and quality of experience. Fortunately, troubleshooters can focus on a few types of interference that commonly cause problems in wireless systems. Relative to signal interaction, the interference may be co-channel (CCI), adjacent channel (ACI), or intermodulation distortion (IMD). From the network-operation perspective, there may be interference in the downlink or uplink between a base station and a mobile unit.

Within a wireless system, interference is often caused by closely situated cell sites and base stations that are always transmitting. Noise affects downlink connections to mobile users, leading to increased uplink noise at the base station antenna and, ultimately, reducing cell-site capacity. The impaired signal-to-interference ratio shows up in the channel quality indicator (CQI) reports generated by mobile devices and sent to the base station. Low CQI results in greater retransmission of data and a decrease in network speed.

In commercial digital wireless networks, external interference is often the result of the slim frequency guard bands that exist between operators. Also, any illegal use of the frequency spectrum will exacerbate these problems.

Assessing traditional interference analysis

If interference exists within a network, typical performance-monitoring tools may report a variety of issues: connection failures, high signal-to-noise ratio (SNR), and a rising uplink noise floor when traffic is low.

The next step is detecting and locating the source of the problem. The traditional approach has been to use a directional antenna connected to a spectrum analyzer, and this works well when the culprit is sending a relatively constant signal.

Detecting non-constant signals requires use of the “maximum hold” display feature of most swept-tuned and FFT-based spectrum analyzers. However, because these analyzers often have large dead times during sweep reset or FFT processing time, max hold can be time consuming as it gradually accumulates the details in “bursty,” or random-like, signals. It may also miss exceedingly brief signals.

Utilizing gap-free measurements

An RTSA is an FFT analyzer operating in a mode that continuously processes incoming data, and this solves the problems of analyzer dead time and random-like signals. The analyzer is set to a start or center frequency of interest and a frequency span less than or equal to its maximum real-time analysis bandwidth. With its large buffer memory synchronized with the DSP and display engines, the analyzer can process and empty the memory fast enough to capture all incoming data (Fig. 2). The stream of gap-free measurements enables detection of dynamic transients and narrow pulses that are within the analyzer’s real-time bandwidth.

RTSA performance is a function of the underlying ADC and DSP hardware. In current-generation analyzers, maximum real-time bandwidth ranges from 10 MHz in handheld analyzers to 1 GHz in benchtop signal analyzers. In field troubleshooting, 10 MHz is often sufficient for most of today’s over-the-air applications.

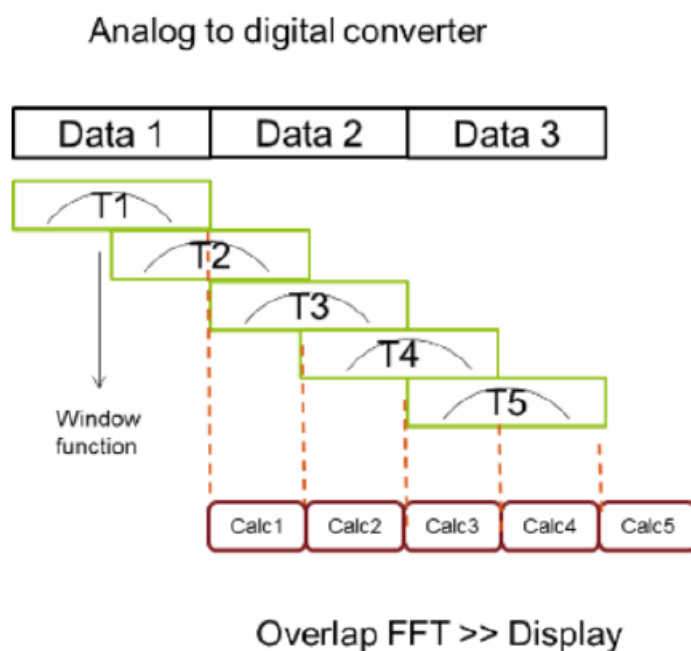


Fig. 2. Gap-free RTSA processing uses weighting, or “window,” functions and overlapping FFT calculations to enhance the measurement and display of dynamic signals.

Two more crucial and related characteristics are “100% probability of intercept” (POI) and minimum detectable signal. POI defines the shortest signal duration that the analyzer can detect with 100% probability and full amplitude accuracy; the minimum detectable signal is shorter and is a function of raw ADC and DSP performance. In handheld analyzers, typical values are 12 μ s for POI and 22 ns for minimum detectable signal.

When chasing interference in the field, the other key specification is spurious-free dynamic range (SFDR). The better the analyzer’s front-end performance, the more easily RTSA can discern low-level signals of interest from internal spurious signals.

Mitigating interference problems

CCI refers to any interfering signals that are either at the same frequency as the serving carrier or are within its channel bandwidth. In digital wireless systems, the interfering signals have an effect only when synchronized with the baseband frames.

Typically, CCI has a greater effect on the downlink because the system has no direct feedback regarding this type of interference. For example, if an interferer blasts RF energy into the middle of an LTE downlink channel, the mobile unit detects poor SNR and, in response, transmits more power on the uplink.

Detecting and troubleshooting CCI can be difficult because interferers are often hidden beneath the carrier signal. When using a traditional spectrum analyzer, the only reliable way to detect such signals is to shut off the carrier transmitter — and this is too disruptive to be practical in the field.

With RTSA, the density display is a spectrum measurement that adds a third dimension — frequency of occurrence — to frequency and power. The display is color-coded to show the rate of occurrence, ranging from red (often) to blue (less often). Because interferers differ from carriers in terms of signal-level distribution, the density display makes it easier to detect multiple signals in the same channel (Fig. 3).

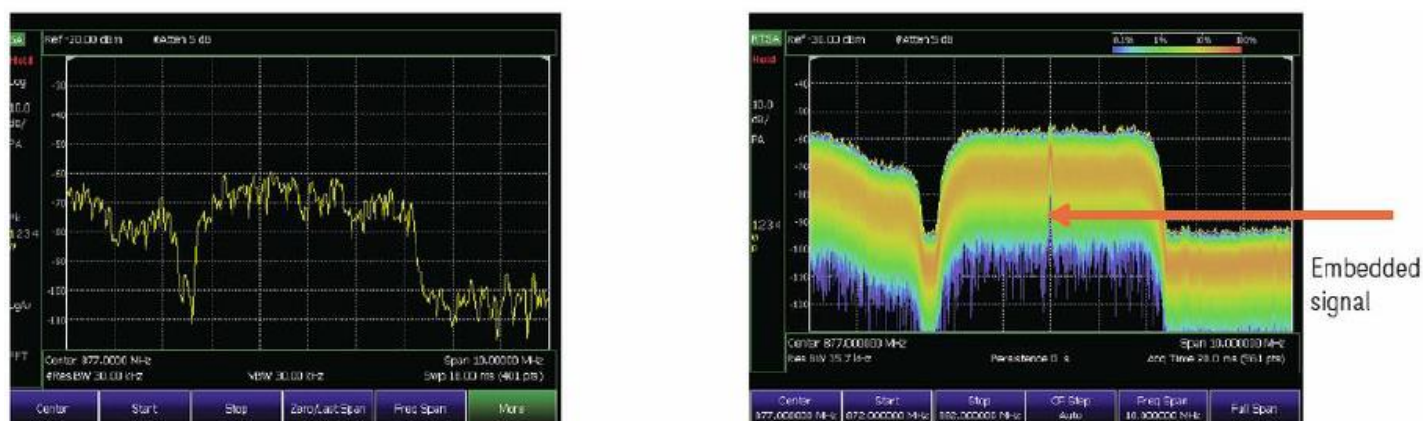


Fig. 3. Compared to a conventional spectrum analyzer (left), RTSA and the density display (right) reveal the presence of a two-way FM signal in the center of a W-CDMA signal.

In broadband systems such as LTE, noise in the uplink limits network capacity and performance. Because cell sites and mobile devices within a system operate on the same frequency, controlling all noise — internal and external — to the system is crucial.

With RTSA, the ability to perform a gap-free capture and then apply the density display enables the user to find the time signature of a specific signal and see the statistical distribution of power in the signal. This makes it easier to separate various signal types, even within the same network.

Checking for hardware problems

More than half of interference issues are caused by malfunctioning RF subsystems or components within a network, and the most common culprits are antennas and cables.

In an antenna, the key performance parameter is return loss, or voltage standing wave ratio (VSWR). If a transmit antenna has a decrease in return loss, less energy will be transmitted to the coverage area. Mobile units respond by increasing transmit power, and this causes noise to increase at the base-station receivers. Field

personnel may misinterpret this as external interference, sending them on a wild goose chase. Whenever external interference is suspected, a good first step is to test (i.e., sweep) the antenna using a suitably equipped handheld analyzer.

Cabling is exposed to a wide range of environmental forces and, over time, connectors may corrode and cables can bend. These types of degradations often lead to an increase in cable loss, reducing the received power level near the cell edge and causing declining SNR. Performing routine cable-loss measurements relative to the link budget is a proactive way to avoid interference issues within the network.

Interference is a symptom of many underlying problems. Handheld analyzers equipped with RTSA can help engineers and technicians quickly detect interference issues, locate the cause and, after implementing the fix, verify system performance.

Learn more about Keysight Technologies, Inc.

Source:

http://www.electronicproducts.com/RF_and_Microwave_Components/RF_and_Microwave/Using_real_time_spectrum_analysis_to_efficiently_troubleshoot_interference_issues_in_wireless_systems.aspx

Dangers of Wi-Fi Series: Cable Distribution Info

From: Cecelia

Date: December 1, 2016

Subject: Dangers of Wi-Fi Series: Cable Distribution Info

Dear EMF Leaders,

Thank you to those who have watched the newly released five-part Dangers of Wi-Fi series and asked for information on how to offer it to your local cable stations.

My understanding is it has now been uploaded at TelVue for national distribution, and most cable stations are members. Those in Massachusetts can also access it via Mass Media eXchange (MMX). You can forward the attached flyer to your local cable station and as a resident request that it be considered for airing. There is a link to TelVue and MMX, and for stations that are not members, the YouTube links are also included in the flyer.

It is exciting to see that as of today, 362 people have begun to watch the series on YouTube, I've seen it shared on social media too, and I am told cable stations in five states have already picked it up.

I hope you'll agree this is a nice opportunity to think globally and act locally. Can I ask that you drop me a line if your cable station runs it? Please let me know if you have any questions. Feel free to share this with others on your distribution lists.

Warm regards, and thanks for all you do!

Cece

508-881-xxxx

WE INVITE YOU TO VIEW AND AIR: THE DANGERS OF WI-FI, A 5-PART SERIES

Downloadable via TelVue Media Exchange

<http://www.telvue.com/products/telvue-connect/telvue-connect-media-exchange/>
and Mass Media eXchange <http://www.massaccess.org/mymasstv#video>

ALSO AVAILABLE ON YOUTUBE:

EPISODE 1: DISCOVERING THE DANGERS (30:20)

<https://www.youtube.com/watch?v=ywZS4vb19fg&list=PLMAz9ZRXjYmpbGE51zvScTaphFPybdGl2&index=1>

EPISODE 2: EDUCATING THE GREATER COMMUNITY (43:12)

<https://www.youtube.com/watch?v=6CgHsCqmKJk&index=2&list=PLMAz9ZRXjYmpbGE51zvScTaphFPybdGl2>

EPISODE 3: WHY WE DON'T KNOW (30:51)

https://www.youtube.com/watch?v=cmj_CHAfznk&list=PLMAz9ZRXjYmpbGE51zvScTaphFPybdGl2&index=3

EPISODE 4: IMPACTS OF EXCESSIVE SCREEN TIME (18:21)

https://www.youtube.com/watch?v=m_p8tYlnZSo&list=PLMAz9ZRXjYmpbGE51zvScTaphFPybdGl2&index=4

EPISODE 5: SOLUTIONS (32:02)

<https://www.youtube.com/watch?v=q3AUFmO0aNM&list=PLMAz9ZRXjYmpbGE51zvScTaphFPybdGl2&index=5>

The U.S. National Toxicology Program recently announced cell phone radiation causes DNA damage and cancer – the same radiation emitted by all of today's Wi-Fi devices. Cece Doucette helped Ashland Public Schools, MA become the first in the nation to start protecting students and staff from Wi-Fi. Parent Keith Marciniak discovered Cece's work and they are educating his schools and board of health too. They invite you to learn the history of wireless, biological and psychological hazards, how other countries have responded, and steps we can take to use today's technology more safely until actual safe technology is brought to market.

Thank you.

Help researching how to fight antenna installation – can't find regulations

From: jazzbones

To: emfrefugee@yahoogroups.com

Sent: Thursday, December 1, 2016

Subject: [emfrefugee] Help researching how to fight antenna installation – can't find regulations

Hi all,

I'm looking for some information to help fight the installation of three "small cell antennas" in my town, including one right on my property line.

I'd appreciate anything you can offer, but there are a couple of specific things I'm having trouble finding:

1) I've been told that mobile carriers who want to install new equipment (such as antennas) are required (by the government?) to complete and file an RF survey that shows additional antennas are needed to fill gaps in coverage. I looked for this requirement both in the text of the 1996 Telecommunications Act, and also the FCC website on facility/tower siting, but I couldn't find anything about it. If anyone can direct me to where I can find the text of this regulation, I'd really appreciate it. (I need to offer my Town Board more than hearsay!)

2) Part B of this search is that I've been told that, because the laws are outdated, the 'need for coverage' only applies to a need for 2G service (voice and text). If this is true, I've probably made my case, since there are hardly any 2G gaps around. But again, I can't seem to find the actual regulation/requirement anywhere. Any direction would much appreciated!

Thank you!
J

From: Bill
To: emfrefugee@yahogroups.com
Sent: Thursday, December 1, 2016
Subject: Re: [emfrefugee] Help researching how to fight antenna installation- can't find regulations

I'm dealing with this too where I live. So far no silver bullet.

There are places in California that have passed urgency ordinances and/or a moratorium because the cities were not prepared for companies like Mobilitie (aka itbutility.com, doing business under a different name in each state) applying to put 120 ft antennas on the sidewalk....

Save our landlines again!

From: "Amy Gallant, AARP Maine" <aarpwebact@action.aarp.org>
Subject: Save our landlines again!
Date: December 1, 2016
To: Joshua

AARP Advocacy Alert

Dear Joshua,

Join us once more to protect landline telephone service in Maine.

Urge the Maine Public Utilities Commission to make sure all Mainers have a reliable and affordable landline option!

Take Action

A year ago we asked you to stand with us to SAVE OUR LANDLINES. Thousands of AARP members across Maine signed petitions, called legislators and wrote letters to local newspapers. This summer, many of you attended local community meetings to share your concerns directly with FairPoint.

Thanks to you, the proposed changes to landline service were limited to the 22 largest towns in Maine and we kept important customer protections.

But not for long.

Right now, the Public Utilities Commission (PUC) is considering changing the rules and regulations to allow more towns to be added to the list. We need your help.

We are working to ensure Mainers can access affordable and reliable basic landline telephone service wherever they live in Maine. We know landline telephones might not be around forever. But we need your support to protect communities and customers who do not have an affordable and reliable alternative.

Please take a moment to tell the PUC that 22 communities is enough.

AARP Maine has led the fight against FairPoint's proposed landline deregulation since 2012. Your voice allows us to keep fighting for fair utilities for all Mainers.

Thank you for standing up for landlines in Maine.

Sincerely,

Lori, Jay, Amy, Jane and David

AARP Maine

P.S. You can read more about the details of the recent bill (LD 466) on our state blog.

AARP.ORG | MAKE A DONATION | TELL A FRIEND | JOIN US ON: FacebookTwitter

AARP 601 E Street NW, Washington, DC 20049

AARP Privacy Policy

Unsubscribe from AARP Advocacy or unsubscribe from all AARP e-mails.

powered by Blackbaud
nonprofit software

Josh Hart MSc
Director, Stop Smart Meters!
<http://StopSmartMeters.org>
PO Box 682 Portola, CA 96122
Toll-Free Hotline: (888) 965-6435

Sign up for our e-mail news bulletin here.

Stop Smart Meters! Store:

- Brochures & Cards
- EMF Detectors/ Meters
- Stickers & More

Donate to Stop Smart Meters!

Sent from my safer, wired computer

You received this message as a subscriber on the list:
savelandlines@groups.electricembers.net

For all list information and functions, see:
<http://groups.electricembers.net/lists/info/savelandlines>

Putin Warns Americans To Be Careful Of Smart Technology

by IWB · November 27, 2016

by Baxter Dmitry

Smart technology is a tool being used by the New World Order to control and manipulate the masses, and we should be ‘very, very careful’ about how much power we allow smart technology to have in our lives, according to Russian President Vladimir Putin.

The “genius” of the New World Order surveillance project lies in the fact that “consumers have been conned into paying out of their own pockets for the devices that will spy on them and their families,” Putin said, speaking to a visiting group in the Kremlin.

“The average American home is now rigged like a maximum security prison with surveillance in every room recording everything you say and do.”

Samsung has admitted that their smart TVs listen and record customers’ every word, and that they send these recordings to unnamed third-party services.

Google has also been exposed quietly recording and storing everything you say within earshot of an iDevice. They claim the ‘feature’ is a means for delivering more accurate search results and that they don’t turn over recordings to government agencies. But considering the UK government just suddenly made all citizens’ internet history available to government agencies, the future implications of Google’s enormous trove of recorded conversations is chilling.

Televisions and refrigerators are the most common household appliances to have incorporated internet enabled smart technology. Cars are now computers with four wheels and an engine. Fridges are computers that keep food chilled. Your cellphone is a computer that can make calls. All of these computers can be used to spy on unsuspecting citizens.

And there are plenty more innocent-seeming household appliances gaining popularity and they can all be used to spy on you – the dishwasher, toaster, and coffee maker in your kitchen, the clothes dryer in your laundry, the clock radio in your bedroom, your thermostat, garage door opener, security alarms, and door locks. The list continues to grow.

Putin, who has a habit of meeting and greeting foreign tour groups in the Kremlin when his busy schedule allows, met the mostly North American group and spent around 15 minutes mingling and discussing everything from the winter weather to the growing threat of smart technology in our everyday lives.

Caroline DuBois of Raleigh, North Carolina, said Putin was warm and friendly and spoke much better English than he gets credit for. ‘I asked him for one piece of advice to take home with me. He said to be very, very careful of smart technology. Do not trust it. The truth is starting to emerge.’

You may not have many of the internet-connected household items in your home, but they are without doubt increasing in popularity and are being pushed on vulnerable, unthinking consumers as must-have status symbols and ‘helpmates’ around the house.

But who are these ‘helpmates’ actually serving – you or the New World Order?

Putin Warns Americans To Be Careful Of Smart Technology

<http://investmentwatchblog.com/putin-warns-americans-to-be-careful-of-smart-technology/>

WHO's EMF project is challenged by an ex-WHO worker

<http://olgasheean.com/who-emf/>

NEW INTERACTIVE DATABASE of 700+ RF RESEARCH STUDIES!!!

From: Evelyn

Date: Tue, Nov 29, 2016

Subject: NEW INTERACTIVE DATABASE of 700+ RF RESEARCH STUDIES!!!

Attached & linked is an EXCEL RF Research Database that offers a new way to do Powerful Searches and Collection of Information based on User Defined Criteria. The intent was reduce the amount of time needed to perform various data collection operations and have data more conveniently available.

The DATABASE contains over 700+ RF studies based on Kevin Motus original collection of Cell phone and Cell tower studies plus additional 30 or so. All studies contain original abstract, some with weblinks. More can be added using “Add New Study Form” file found in attached folder. Or you can go through the process your own studies Manually.

The RF Dbase utilizes the power of EXCEL spreadsheet Data/Filter controls and specially written Programmed controls to Enhance the User’s Viewing, Retrieval and Collection of information.

Because these are Programmed commands using Exce/Word’ Microsoft OFFICE programming language, OFFICE requires the EXCEL and WORD files be Enabled to operate on your Computer

NOTE: You must have installed Windows Microsoft Office 2007 or NEWER for the Programmed controls to work. May work on earlier versions of OFFICE, but it has not been verified

Downloading the RF Interactive Dbase Files on your Computer;

Download the ‘RF_EMF Dbse Interactive’ folder using the weblink

NOTE: Disregard the message to Sign up. Instead go to “No thanks, Continue to Download’ at the bottom

https://www.dropbox.com/s/qk1i5i7j3b30v59/RF_EMF%20Interactive%20%20DBse.zip?dl=0

Open the new downloaded Zip Folder

Copy all the ‘RF Interactive Dbse’ files’ and additional ‘Bkup’ Folder to a Folder on your computer

Make Note of the Folder’s name you have copied the Files to

In that Folder OPEN BOTH ‘MacroEnabled...’ Files (WORD & EXCEL). Follow those Instructions.

After following directions of the 2 'MacroEnabled Files' Open the "RF Dbase" Excel spreadsheet File containing the Database of Research. It is Advised you OPEN the 'Instruction Guide' file before performing extensive work in 'RF Dbase' file. You can open the 'Instruction Guide' through 'Help' button or retrieving the File within the Folder. Important Reads are noted in the Box at the Beginning of the 'Guide'.

Before reading 'Instruction Guide" You can start using the 'RF Dbase' file by familiarizing yourself Open/Closing of the green 'Stdy' cells which contain Abstract/summaries. SELECT the 'Green, red triangle Cell. It should Open the Textbox containing Abstract summary. Cell turns Orange. DOUBLE CLICK to Close it. To ReSelect green Cell, SELECT Another Cell First, then Select the original green cell again.

If you are already familiar with EXCEL's powerful Search tool 'Data/Filter' operation, you will find this Dbase of RF Research Studies easier to fully utilize. Instructions on how to use 'Data/Filter' in Excel are given in the 'Instruction Guide' and 'DEMO Instructions' as well as Excel's own Help files.

These files have been scanned to be Free of viruses.

Any Questions or Comments you can contact me at evsavarin@yahoo.com

HAVE FUN With IT!!!
Evelyn Savarin

Does Car Radio Emit RF too (or just receive)?

From: Bill
To: emfrefugee@yahoogroups.com
Sent: Thursday, December 1, 2016
Subject: Re: [emfrefugee] Does Car Radio Emit RF too (or just receive)?

I'm not sure about satellite radio, but AM/FM do not intend to radiate, but they usually do because they almost always use some kind of heterodyne mixer. There is a pssive broadband AirBand radio kit you can buy... unfortunately the filtering in it makes it useless as an RF detector (if you make the kit yourself you could just keep 1 layer of filtering and it might be great).

Also, the power supply of the radio may have a switching voltage regulator, plus the display may radiate. Theoretically these are all kept pretty small, but you may feel them?

On Thu, Dec 1, 2016, InterLinked CEO wrote:

Did you test both AM and FM?

That meter will pick up FM but not AM,

Your car radio is most likely receive only. It doesn't need to SEND any signals – it just picks them up. It is not a 2-way communication system. Does this make sense?

Hope that helps

From: emfrefugee@yahoogroups.com
Sent: Thursday, December 1, 2016
To: emfrefugee@yahoogroups.com
Subject: [emfrefugee] Does Car Radio Emit RF too (or just receive)?

I have a 2006 civic. My RF meter (TES-593) doesn't register anything when the radio on. But my meter only covers Frequency range: 10MHz to 8.0 GHz

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Friday, December 2, 2016
Subject: Re: [emfrefugee] Does Car Radio Emit RF too (or just receive)?

A car radio does emit EMI, both from the tuning process which uses an intermediate frequency, and from the digital circuitry when digital displays are present. This EMI is radiated directly from the radio, but also is conducted on the car wiring. You can confirm this yourself using the Radio Shack 12-467 AM radio as a poor man's near field sniffer.

The bulk of the emissions are all below the meter you were using. In addition, the speakers will generate audio frequency magnetic fields since that is how they move the speaker cone relative to a permanent magnet. You may also have sound sensitivity or hyperacusis which is very common for those with MCS/ES.

All modern electronics have unintentional emissions; it is only a matter of degree and spectrum. The FCC regulates these emissions to levels that are less likely to interfere with radio commerce. Car radios are fairly well shielded and have some filtering of power, so that they can operate despite the rather horrible EMI situation on a car's DC power distribution. The alternator, spark system, electronic fuel injection, and transmission control systems are the major culprits.

If you can still drive or ride in a conventional gas-ignition vehicle, you are demonstrating a fairly robust tolerance to a wide range of frequencies, and this points out the very selective frequency sensitivity of ES in the early stages.

I felt it was important to explain that all radios do have unintentional emissions, of course at much lower signal strength than intentional transmitters.

Best Wishes,
Bruce

From: Bruce
To: emfrefugee@yahoogroups.com
Sent: Sunday, December 4, 2016
Subject: Re: [emfrefugee] Does Car Radio Emit RF too (or just receive)?

Steel belted radial tires do generate significant magnetic fields at speeds over 45mph. If the car bothers you at speeds of 30 mph, the problem(s) are elsewhere.

The steel belts are tack welded with an AC spot welder/heater as part of the assembly process for many brands of tires. This results in 'magnetic measles' which can be readily seen via a DC gauss meter. These tires with quarter and dime sized spots don't degauss well. Brands which exhibit 6 inch or longer stripes of magnetism in

the direction of rotation do tend to degauss well and only have to be degaussed once. I found this by sorting through a hundred different used tires with the help of a local tire store about 25 years ago. A friend who was once able to drive but now can with a special vehicle wrote an article about my methods here:
<http://www.eiwellspring.org/ehs/DegaussTires.pdf>

Contact me if you need technical assistance with degaussing.

The ELF fields from tires are not the major source; the alternator and the current loop area to the battery and engine spark system are usually the major sources.

All EMF emissions are a function of frequency times current times current loop area.

In automotive electrical design, EMFs for the occupants are not considered at present (2016). So you can have 3 foot wide current paths since the body and engine block are used to complete the circuit. The frequency component is caused by pulses from the alternator, ignition coil, DC motors such as a fuel pump, etc. Those cars with accidentally smaller current loop areas, such as those with battery and alternator in the same front corner of the car, and accidentally small current loop for spark coil(s) and transmission electronics will be much better than others. The alternator is a one of the worse EMI sources in the car. They are a three-phase, claw-pole device which uses 6 diodes to convert to DC. Alas, diodes generate a tiny burst of high-frequency EMI every time they start and stop conduction. Snubber circuits can be used to dramatically reduce the emissions, but can't be practically retrofitted into an alternator. So automotive alternators generate not just ELF magnetic fields, but also a great deal of pulsed EMI up to 10MHz. You can hear this high-frequency, audio frequency pulsing with the Radio Shack 12-467 AM radio all through the AM band. This radiates from all of the car wiring.

Those of us with severe ES can't use gas ignition/alternator cars at all.

Advanced Low-EMF Cars

<http://www.eiwellspring.org/ehs/Advanced%20Low-EMF%20Cars.htm>

This article is technically flawed but does cover many of the issues in a non-technical manner.

Note: you can't have your cake and eat it too; you don't get to have a running DC fan motor for heating and cooling, using lots of power and needing an alternator as a source and have a low EMF car also. A DC motor works by generating pulses of very strong magnetism, as does an alternator. We are more than 100 years from having these things designed from scratch to minimize emissions, and even then it will be a real technical challenge and probably still won't be adequate for those with severe ES. A mechanically driven shaft from the engine could provide the necessary fan for heating and cooling without EMFs, but is quite a project as a retrofit. I avoid driving in extreme heat or cold (or rain) instead.

Rebuilding these 30 year old, all-mechanical, non-electrical cars is no small task. You should start with trying to find a mechanic in your area who is familiar with them.

From: Bruce

To: emfrefugee@yahoogroups.com

Sent: Monday, December 5, 2016

Subject: Re: [emfrefugee] Does Car Radio Emit RF too (or just receive)?

Go to eiwellspring.org and drill down or try this:

<http://eiwellspring.org/vehicle.html>

Texas Instruments CC26xx SimpleLink™ Ultra-Low Power Wireless Microcontrollers

Texas Instruments CC26xx SimpleLink™ Ultra-Low Power Wireless Microcontrollers are wireless MCUs that target Bluetooth® Smart, ZigBee® and 6LoWPAN, and ZigBee RF4CE remote control applications. These cost-effective, ultra-low power, 2.4-GHz RF devices offer very low active RF and MCU current, and low-power mode current consumption. They provide excellent battery lifetime and allow operation on small coin cell batteries and in energy-harvesting applications. The CC2650 is a wireless MCU targeting Bluetooth Smart, ZigBee and 6LoWPAN, and ZigBee RF4CE remote control applications. The CC2640 targets Bluetooth Smart applications. The CC2630 targets ZigBee and 6LoWPAN applications.

Learn More About Texas Instruments CC2540 2.4 GHz Bluetooth® SoC
<http://www.mouser.com/new/Texas-Instruments/ticc2540/>

Learn More About Texas Instruments CC2530/1/3 System on Chip (SoC) Solutions
<http://www.mouser.com/new/Texas-Instruments/ticc253x/>

Learn what VoIP is and how you can benefit from making the switch to VoIP

From: SourceForge Resources <sourceforge@resources.sourceforge.com>
To: garyvesperman@yahoo.com
Sent: Thursday, December 1, 2016
Subject: Learn what VoIP is and how you can benefit from making the switch to VoIP

SourceForge
DCIG 2016-17 Hybrid Cloud Backup Appliance Buyer's Guide

Has Your Business Switched to VoIP Yet?

This Whitepaper takes an in-depth look at the evolution of 21st-century telephone systems: from the copper-wired plain old telephone systems (POTS) to today's on-premises and cloud-based Voice over IP (VoIP) systems and services. You'll be presented with key considerations for any organization interested in this critical business tool, including:

- What is VoIP?
- How Does VoIP Really Save a Business an Average of 30% or More?
- What it Takes – New Phones? New Service?
- How to Switch to VoIP

So if you are considering upgrading your phone system – or are motivated by saving money and adding enterprise level services to your business – let Sourceforge compare the top VoIP providers for you! Simply select that you want to receive a quote on the following page and one of our VoIP Specialists will get in contact with you to jot down a few details in order to provide you with the best, no-obligation quote from a provider.

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Maximize your Wi-Fi signal range

http://www.electronicproducts.com/NewsletterReader.aspx?FName=Casual_Friday_12022016.html

Electrical engineer of considerable experience with wireless communications replies to claims of EMF hazards

From: Frank
To: Darwin
Date: Fri, 23 Sep 2016
Subject: Fwd: Would like specs of new Boulder City electric meters

Hi Darwin,

Here's another email from my old college days buddy, Gary Vesperman, about EHS. We've had our wireless electric (smart) meter from PG&E for years now, but it's out front beside the garage. Perhaps the biggest potential harm can come from cell phones which are placed right against our heads.

-- Frank

From: Frank Swanson
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Tuesday, December 6, 2016
Subject: Re: Would like specs of new Boulder City electric meters

Hi Gary,

I forwarded your email back in September to a friend of mine who is an electrical engineer of considerable experience with wireless communications, and he replied with the following comments below.

-- Frank

On Sep 23, 2016, Darwin Throne wrote:

Hi Frank,

I think there are some areas where Gary may be right such as near higher power cell towers, etc. But I think the bulk of the discussion is mass hysteria. I knew one of the epidemiologists that studied power line radiation effects at the Electric Power Research Center in Palo Alto. He said there was no study that showed any correlation/causation of cancer due to power line radiation. That is mostly a dead issue.

Here is some information from a non-profit that supports smart grid development.

MYTH #2: Smart meters are a health threat because they communicate using wireless signals.

TRUTH: In-depth review of the scientific literature by the World Health Organization (WHO) revealed that the small amount of radio frequency (RF) energy produced by smart meters is not harmful to human health.

TRUTH: RF emitted by smart meters is well below the limits set by Federal Communications Commission and it is below levels produced by other common household devices like cell phones, baby monitors, satellite TVs, and microwaves. In fact, you would have to be exposed to the RF from a smart meter for 375 years to get a dose equivalent to that of one year of 15-minutes-per-day cell phone use.

No credible evidence shows any threat to human health from RF emissions at or below RF exposure limits developed by the FCC. With over 25,000 articles published on the topic over the last 30 years, scientific knowledge in this area is now more extensive than for most chemicals.

The following table is from PG&E on its smart meter. Note that the power density ONE FOOT AWAY is only $8.8 \mu\text{W}/\text{cm}^2$ which is way below the FCC safety standard. That density decreases by $1/R^2$ as you move away from the source. Same for Wi-Fi. My smart meter is about 20 feet away from any regularly used living space so the radiation density is about 1/400th of the 1 foot level.

	Frequency (MHz)	Transmitter Power (watts)	Power Density ($\mu\text{W}/\text{cm}^2$) at 1 foot away	FCC Safety Standard ($\mu\text{W}/\text{cm}^2$)
Electric SmartMeter™	902-928	1	8.8	601

Probably the highest risk is from constant cell phone use since the source is right next to your head.

I think caution is reasonable, but I will bet that as serious controlled studies are conducted that very little causal effects will be found. I think the concern is similar to the fear of nuclear power facilities where the radiation near the operating plant is the same as background radiation in the desert. That doesn't include accidents of course.

Remember that cosmic rays and other particles go through your body every day. Fortunately, there aren't so many and we don't have massive cell mutation due to that source.

Darwin

On Mon, Dec 12, 2016, Gary Vesperman <garyvesperman@yahoo.com> wrote:

Hi Bruce,

Your response?

Gary Vesperman
padrak.com/vesperman

From: Bruce
To: Gary Vesperman <garyvesperman@yahoo.com>
Sent: Monday, December 12, 2016
Subject: Re: Fw: Would like specs of new Boulder City electric meters

Hi Gary,

The huge numbers of people becoming ill and electro-sensitive after smart meter installation IS a mystery in some regards.

Plenty of people did become electrosensitive after heavy cell phone use, but the numbers having problems after smart meters was/is remarkable. (The California Public Utilities Commission has received over 2000 complaints of smart meter health impacts. GV)

The emissions of the smart meters are unique in that the peak levels are more than 4x higher than a cell phone. Their conducted emissions are above the FCC part 15 (WIFI) standards, they have crappy switching supply inadequately filtered which adds to home power wiring emissions, and they have a sub-Hz packet rate which continues through the sleep period. The latter may be disrupting sleep in a similar manner as subsonic windmill thumps do. (A wild theory of my own.)

Obviously, quoting FCC standards as having anything to do with public health is absurd, unless you are applying them to the proper cooking of hotdogs via microwaves.

EEs aren't likely to be reading the many studies showing biological effects from EMFs.

Bruce